UNITY

CEMBER 1946 15 CENTS

Modern Spiritual Healing - - 1
Charles Fillmore

Consciousness - - - - - - 7
Emmet Fox

The Power for Peace - - - - 16
Fred A. Barrow

The Truth That Frees - - - 21
Kathleen W. Welch

In the Beginning God - - - 30
L. Stevens Hatfield

His Name Shall Be Called Wonderful 37
Beverly E. Finch

"Peace" - - - - - - - - 42
William Marcus Runnebaum

When God Takes Charge - - 48
Ida F. Killian

Sunday Lessons - - - - - 53

Peace Be Unto You

Healing & Prosperity Thoughts

TO BE USED FROM

DECEMBER 20, 1946 to JANUARY 19, 1947

℟

Healing: I rejoice in the restorative power of Jesus Christ now working mightily in a new consciousness of life in my soul and body.

AT NINE P. M. EACH DAY CLOSE YOUR EYES AND REPEAT FOR FIFTEEN MINUTES SILENTLY, AND TRY TO REALIZE SPIRITUALLY, THIS HEALING THOUGHT.

℟

Prosperity: All my affairs are blessed by the new life in Christ with its many promises of prosperity.

AT TWELVE NOON EACH DAY REPEAT FOR FIFTEEN MINUTES, AUDIBLY AND THEN SILENTLY, THIS PROSPERITY THOUGHT.

(For an explanation of these thoughts turn to next page.)

UNITY

PUBLISHED MONTHLY BY UNITY SCHOOL OF CHRISTIANITY

Publication, Editorial, and Executive Offices: 917 Tracy Ave., Kansas City 6, Mo.

Entered as second-class matter, July 15, 1891, at the post office at Kansas City, Missouri, under the act of March 3, 1879.

Accepted for mailing at special rate of postage, provided for in section 1103, act of Oct. 3, 1917, authorized Oct. 28, 1922.

SINGLE COPIES 15 CENTS—YEARLY SUBSCRIPTION $1

UNITY

Devoted to Christian Healing

CHARLES FILLMORE, *Editor* — GEORGE E. CARPENTER, *Associate Editor*

VOLUME 105 DECEMBER, 1946 NUMBER 6

Modern Spiritual Healing

REPRINTED BY REQUEST

CHARLES FILLMORE

SPIRITUAL HEALING has been practiced from the earliest ages. It antedates medical science. Every nation has had its "medicine men." We find today in South Africa the "voodoo man," who heals through driving out so-called evil spirits, and the Hindus, the Chinese, and the American Indians all have similar healing methods. Strange as it may seem, Jesus recognized that the cause of disease was largely evil spirits, and He used methods similar to those of the so-called heathen in eliminating the "demons." We are told that He drove out evil spirits by His word. We believe this, and yet look with derision on the American Indian who powwows and tries to scare away evil, and the African "medicine man," who beats his tom-tom and moans and cries in order to free the sick from demoniacal possession. The "medicine man" used the word ignorantly or with but limited understanding, while Jesus sent forth the word in the full understanding and consciousness

of its power. Through Him we have pure spiritual healing, and we recognize that all diseases come upon man through the mind. Thought creations have an ego; that is, personality, and this is virtually the same as the demons of Scripture.

The first healing recorded in the Bible is that in answer to Abraham's prayer for Abimelech and his wife and maidservants, and it was successful. (Gen. 20:17.) But Asa, the king of Israel, departed from the true healing. The record given in II Chronicles 16:12-13 is "And in the thirty and ninth year of his reign Asa was diseased in his feet; his disease was exceeding great: yet in his disease he sought not to Jehovah, but to the physicians. And Asa slept with his fathers."

All through the Scriptures we read of spiritual healing. Elijah the prophet healed by the power of the Lord, and Elisha healed in the same way. There was a casting out of the mind of the patient the thought of disease, and especially the thought lying back of the disease. They recognized that the need of healing came from some departure from righteous law. "Know therefore that Jehovah thy God, he is God, the faithful God, who keepeth covenant and lovingkindness with them that love him . . . Thou shalt therefore keep the commandment, and the statutes, and the ordinances, which I command thee this day . . . And Jehovah will take away from thee all sickness."

So the healing methods that have been based on evil as the cause of sickness and disease are right. Error does take possession of man's consciousness if he gives up to it, and it must be cast out. Therefore

Jesus made forgiveness the foundation of His healing. Forgiveness and healing are essentially connected.

When Naaman, captain of the host of the king of Syria, came to Elisha to be healed of his leprosy, Elisha told him to go and wash in the Jordan seven times and he should be clean of his leprosy. Naaman was wroth. The method did not suit him. But his servant persuaded him to follow the prophet's instructions, and when he did obey, "his flesh came again like unto the flesh of a little child, and he was clean." By his obedience he got rid of something: the spirit of mortal assumption of importance was washed away.

John the Baptist came baptizing and healing. Baptism symbolizes cleansing from sin. All healing is founded on mental cleansing; harmony in the body follows. Peace comes with forgiveness.

A great revival has taken place in these later years. It is not over fifty years since the truth of healing force as spiritual and not material began to sweep over the land. Even among medical men old theories of disease are continually being discarded, and new ones adopted, only to be succeeded after a time by still newer theories.

This renaissance of spiritual healing assumes that all causes originate in mind; that diseases are caused primarily by wrong thought. The medical schools and the orthodox churches are waking up to the fact that there is something in this, and are seeking to make a union of forces. But the radical school, the strict followers of Jesus, have but little in common with medicine. Jesus gave no power to material

means. A few times He used clay, but this was so obviously symbolical that it should not be classed with such means. There was no idea in it such as is back of the giving of drugs. Jesus recognized the power of spiritual understanding, and the washing away of the clay was the denial of the ignorance and blindness of mortal thought. The healings by Jesus Christ were based on an exact science—the science of the relation of ideas.

There must be complete regeneration before there can be permanent healing. The deadening of the nerves by the use of morphine is not healing. Pain is an indication that the vital forces are at work to bring about health, and the use of morphine stops the healing work.

If we want true healing we must come to the Jesus standard. This great wave of thought about healing is being taken up and applied according to the character of the thought of those who use it. If you want to know the spiritual understanding of a religious people, you can find it by watching the trend of their thought when a new subject is presented. In this matter of spiritual healing, you will find that some take it up, not in its purity, but only in a material aspect. They try to apply a measure of Truth, but fall short on account of attempting to deal with the physical aspects of mind, leaving out the spiritual. They do not see the deeper realms of thought connecting mind and body.

Jesus said, "If any man willeth to do his will, he shall know of the teaching." Nothing but Truth will ever free man from disease. This is our teaching. We do not think it necessary to deny the body and

call all that appears error. All that has substance has its origin in Spirit. The mind or Spirit is the intelligence of every part of the body. Spirit, soul, body—these three are necessary to the whole man. They are in the constitution of Being itself, and it is strange that anyone having a measure of understanding should overlook this true relation. This error comes from thinking in terms of material ideas instead of grasping full spiritual understanding. While man tries to deal with cause and effect in the realm of effect only, he will always find himself limited, and he will never be free from his limitations until he lays hold of absolute Truth.

Jesus said, "In my name shall they cast out demons . . . they shall lay hands on the sick, and they shall recover." Is the church recognizing the healing power of Christ and doing its healing work in His name? No. In a certain movement the sick are examined by a doctor, and if the disease is organic it is turned over to man, but if it is merely nervousness, and easy to heal, it is given to God. When Jesus gave the command to go forth and heal the sick, did He make any such classification? He healed all manner of disease, and His disciples did likewise. What is called an organic disease has its origin in mind as truly as any other. It has become subconscious and needs the power of the Christ mind to reach and dissolve the error thoughts that are causing the disease. Material remedies can no more reach the subconscious mind than they can the conscious mind of the patient. With Christ no disease is incurable. "With God all things are possible." "All things are possible to him that believeth."

Do not be awed by great systems. "By their fruits ye shall know them." The fruit of the true spiritual healer's work is the reformation of man. Bodily healing follows as a natural consequence. It is worth nothing to cure a man unless you show him that error is the cause of his trouble, and start him on the right way. In order to have bodily perfection, it is necessary to bring the mind to a state of righteousness. So there is a definite and distinct difference between the mental science and spiritual healing. Some metaphysicians are often severely criticized for their arbitrary and intolerant attitude toward all healing systems other than their own, but in a measure they are right. One must stand by his highest conception of Truth.

Some pray that the doctor may be led to use the right means in treating them, but this is climbing up some other way. Why not go to God as a son to a father, as Jesus did? If you take a roundabout way to get to God, you will find that you are making a separation between yourself and your Lord. He is life, intelligence, love, and these three are the healing forces.

You must make a covenant with God, and then keep that covenant. You must know the law and conform to it. When we know the law of Being, then shall all the secrets of creation be open. Faith in the power of God will make our way clear until we come into the full glory of the Son of God.

He that loveth not knoweth not God; for God is love.—I JOHN

Consciousness

AN ADDRESS TO THE UNITY WORKERS

EMMET FOX

FRIENDS, I always feel, as I think you know, that coming here to Kansas City Unity is like coming home. I am spiritually a Unity man, though not technically, in the outer. I have been reading Unity literature for about forty years. So I don't feel strange in Unity.

I thought that perhaps this afternoon we might consider together the subject of consciousness. Consciousness is one of the most important words we use. I am not sure it is not *the* most important.

Now as for consciousness, I am not going to give you an exhaustive definition, if that could be done, which I doubt. I would need about a month in the mountains, where there is no telephone, to try to compose one, and then it would be so long that no one would ever read it.

Webster gives some good ideas on the subject of consciousness, but of course Webster cannot exhaust it. But you know pretty well what we mean by it.

In metaphysics we are constantly up against the problem of terms. Different schools use different terminologies. Different teachers give different names to the same thing. Often different authors and teachers are really in agreement, but because they use different terms they think they are not.

In the English language we use such words as

watch, book, desk, but a Frenchman or a Swede would use different words for these things. Yet each would be thinking of the same object.

Today I am not going to talk only about the subconscious or, as medical writers usually call it, the unconscious, nor am I going to talk only about the field of conscious attention, but about your whole mentality. Academic psychology often calls it the psyche.

Well, it is made up of all your ideas, and all your beliefs, and all the things that have come to you and been accepted by you. They are all there, good, bad, and indifferent. They are all there, and they it is that determine what you will be, and do, and have. Your life is determined by your mental make-up, and that make-up is your character. Your character then is all that you really believe. That is what character is.

The difference between a true person, a person of integrity, and the dishonest person is that a person of integrity believes that integrity is the law and that dishonesty is wrong, that it is degrading, and that it really does not get one anywhere. The dishonest person thinks that he can cheat and get by. It is a question of belief. Whichever idea you accept and believe is what makes you what you are. The Unity and other metaphysical movements are in the world to teach people just that, and to explain why it is so. The world thinks that you can change outside conditions and that your mind will change as a consequence, yet the exact opposite is the truth.

Jesus knew that the world was wrong, and He taught the truth.

You have to learn that you really cannot purchase the things that matter but that you have to earn them. You cannot purchase peace of mind. You cannot purchase health. You cannot purchase spiritual experience, or understanding. As a matter of fact, you cannot even purchase commodities, although it looks as if you could, because before you can have the money to get them you must have the consciousness to possess that money. So it all goes back to consciousness.

I think it was about eight or nine years ago that I gave you a talk on "Life Is Consciousness." I'm not going to repeat that address, but I want to add a little to it.

The only thing in the world that you can really do is to change your consciousness. When that changes the outer things change. Your environment is only a shadow cast by your consciousness. The only way you can change your consciousness is by realizing the presence of God a little more. There is no other way. You can do all sorts of other things, but such things will not change your consciousness. They will only be the normal expresssions of the old consciousness. No amount of mental gymnastics with the present consciousness will make things any different. That is why "psychology," in its colloquial sense, does not get you anywhere. Of course I am not referring to academic psychology, which has a useful place. I mean those teachings which say, "Just picture what you want and God will have to do it for you."

You cannot give orders to God. If you are foolish enough to try, nothing will happen, for God does not take orders from us. Indeed you are most likely

to get into trouble because that process is really using your own will, and the use of will power always brings trouble. I don't mean that God will be angry or punish you. I mean that the procedure of ordering God or creative Mind is really only a euphemism for will power.

The only thing that will improve you or your surroundings is to get a better sense of the presence of God than you now have. If you never pray, you will remain the same person, and you will simply move along outpicturing the race beliefs of fatigue, disappointment, old age, and ultimately death.

If you get a clearer and more vivid sense of reality in 1946, then 1947 will be a much better year for you in every respect than would otherwise have been the case; and incidentally the whole world will be a little better too because of the work you have done. Nothing changes you but prayer, and prayer always does change you.

Prayer is the most important thing there is, the only *real action.* Realizing this, some people have made the mistake of saying, "Since that is the case, I am going away by myself, in a cave in the mountains, or out in the desert, and I will do nothing but pray day and night."

Many people have tried that, but they always came to grief. That is not natural. It is not right. Jesus said that He prayed, not that His students should be taken out of the world but that they should remain in the world and overcome it.

In the early days of Christianity, as at other times, men became hermits and anchorites to escape from life, but we must not try to run away from life;

we must meet it and overcome it. The place to find God is where you are. We find him really when we know that the place whereon we stand is holy ground. The only place you can demonstrate Truth is in your daily work, in your daily life as a man in the office, or a worker at the bench, or a housewife busy about her home. Wherever your daily task happens to be, that is where you must see and practice the presence of God. And you do not do this in special words. Words do not matter a bit. It is the thought behind them that matters. The best words for you are the words that mean the most to you.

This audience happens to be working at Unity School. That happens to be your place in life. You do all kinds of different things in connection with the Unity work, and so you realize the presence of God by expressing that presence in unity.

There is no other way. You do not get the presence of God in books. Some people read far too many metaphysical books. A little reading should be expressed in a lot of practice. What is the use of buying twenty books on swimming and reading them, one after the other, if you never go into the water and swim?

You do not really grow in meetings, however inspiring they may be. The speaker gives you the inspiration, but your growth comes when you go back into your daily life and express the inspiration there. In your social relations with other people, in your hobbies and sports, in your health—those are the places where you demonstrate your understanding and where you grow.

I am dwelling on this point because over the

years I have met so many sincere students who had obviously missed it and had made little or no progress. Unconsciously they thought within themselves: "Secular life is here. It is a bore. I hate it. Divine life is over there, and that is where I belong —I wish I could get there."

Sometimes they make it vertical. Again without realizing their mistake, they think, "God is *up there*— I must try to climb up."

I once said to a class: "It is fatal to strain. Some of you had a strained look just now during our treatment. If God were just a little way above us I would have hired a room on the floor above." That made them smile. And of course they relaxed. Think of God as being with you. That is all you need. The other day a student asked me if he should think of God as being *with* him or *in* him. I said: "Do not bother about a preposition. 'Closer is He than breathing, and nearer than hands and feet.' " Train yourself to see God everywhere. When something negative comes into your daily experience, refuse to believe it. Do not pretend that it is not there as an error, but just do not believe it. Know the truth about it. That is expressing the Christ. Unless you do this, you are not expressing the Christ and you cannot develop spiritually.

Perhaps you are at a social gathering or at one of those business luncheons, and someone speaks very negatively. Well, do not rebuke him, or contradict him, or look disapproving or sanctimonious, but just do not accept mentally the negative statement. Suppose the person says, "Chicago is in Texas." It will probably be wiser not to start an argument;

but you will not believe the error, and therefore your letters will not go astray.

Suppose you are a businessman experiencing difficulties. Let us say a good customer is waiting for merchandise that you cannot give him because the wholesaler seems to have let you down. Instead of getting excited and frightened, and therefore angry, and perhaps telephoning the wholesaler and being very unpleasant or even threatening him with a lawsuit, try the Christ way. Get quiet. Refuse to be panicked. Claim that divine power is working in your life and in your business for the benefit of all, and *believe* it. Take any natural steps that may occur to you, such as telephoning or telegraphing to see if there has been a misunderstanding, but expect harmony as the outcome. Do not take the seeming misfortune at its face value. Jesus said, "Judge not according to appearance, but judge righteous judgment." You have heard this text many times, but *this is the way to practice it.*

Now I would like to say a little more about your identity, your real identity, the being that you really are. The being that you really are is not the John Smith or the Mary Brown that we know.

The being that you really are is not the person you know, or the one your friends or your enemies (if you have any) know. The being that you really are is something far greater and finer than the person who is known in this world. The "you" that is known to yourself or even to your intimate friends, the person called John Smith is really only a small part of the real being that you are. You are really a glorious spiritual being, but in this world we know

only a certain fraction of that being, and we call that fraction John Smith and think it is the whole man. That great being is the real you and is your true self. In this incarnation a fraction of him appears on this earth to learn certain lessons, but it is only a fraction, and not the whole being. In your last incarnation you put a *different* fraction of yourself into this world to learn other lessons. These different fractions are not different persons. It is always the one being, but he trains different parts of himself at different times. It is like a person who goes to a voice teacher in the morning and develops his voice, goes to a music school in the afternoon and trains his hands upon the piano, and perhaps trains his feet in the evening by dancing or by skating. It is one person, but he trains different parts of himself at different times and places, and yet the whole man is being trained.

Why is not John Smith aware of this? The full answer to this question is a deep study in consciousness, but suffice it to say here that he forgets for the time being the truth about himself. When completely absorbed in playing the piano, because he is doing well or because he is making mistakes, it may be, he forgets all about the voice lesson of the morning or the skating practice of the coming evening.

Nevertheless man must sooner or later awaken to his true nature and to the whole of that nature, and this he does by the practice of the presence of God.

Understand clearly that you do not "belong" to that nature, that great being, nor are you employed or used by him. You are he himself. When I speak of the "great being" who is your real self, I mean your

own individuality. I am not now speaking of God. God is infinite, but the great being that you are is not infinite, though he is great beyond our present imagining.

This great being, your true self, is what we call the Christ within, the I AM or spiritual man. Your true identity is divine. It is really the inner light spoken of by the early Quakers.

Your true self knows all sorts of wonderful things. It has immense wisdom and profound understanding. It expresses each of the seven main aspects of God.

For the time being people are asleep, but those of us who are striving to practice the teaching of Jesus are beginning to awaken. Intelligent students of metaphysics are like the person awakening from a deep sleep—perhaps a nightmare—who begins to realize, but still only dimly, where and what he truly is. "Awake, thou that sleepest, and arise from the dead, and Christ shall shine upon thee."

Even a very feeble realization of this higher self will bring us guidance, information, healing, and other wonderful things.

Of course it all comes from God and is done by God, but this great self of each one of us is an individualization of God; for we are all sparks from the Great Fire.

As I often say in audible treatments on the platform, you are a special enterprise on the part of God. You are not just an item of mass production. Your real self, wonderful beyond present imagining, is part of God's self-expression, and to know that is life and salvation.

The Power for Peace

FRED A. BARROW

THE GREAT POWER for peace, peace between individuals, peace between classes, peace between management and labor, peace between communities, and peace between nations is Christianity, not merely preached and professed but also put into practice.

The founder of Christianity, the Prince of Peace, who made manifest to man the attributes of the universal Spirit that we call "God," gave to us the key to peace in these few words: "Thou shalt love the Lord thy God with all thy heart, and with all thy soul, and with all thy mind. This is the great and first commandment. And a second like *unto it* is this, Thou shalt love thy neighbor as thyself. On these two commandments the whole law hangeth, and the prophets." Observance of this dual law never has been responsible for a war, while its nonobservance has been responsible for many wars.

Some six hundred years ago the Italian poet Petrarch bequeathed to us this thought: "Five great enemies to peace inhabit within us, namely avarice, ambition, envy, anger, and pride. If those enemies were to be banished we should infallibly enjoy perpetual peace." To which, one might add, if they were replaced by the fruits of the Spirit of God, which as enumerated by Paul in his letter to the Galatians consist of "love, joy, peace, longsuffering, kindness, goodness, faithfulness, meekness, self-control." For

this is self-evident, that the elimination of a vice can count for little unless it is replaced by a positive virtue. Not to do ill to my neighbor is good, but to do good to my neighbor is better.

Christianity is a positive religion or rule of life, not a negative one. The Master said, "Thou shalt." What can be more positive than that?

The churches of Christendom have laid too great stress upon creeds, that is, upon professed belief rather than upon practical exemplification of the Master's teachings. If all the various sects and denominations would give their maximum attention to the promulgation of the positive virtues of Christianity and minimize their attention to petty and inconsequential differences of opinion as to credos, rites, and ceremonies—matters that can be of little importance to the Spirit of the universe, God—then the power for peace would be immeasurably strengthened. In order to increase the power for peace the churches should become a unit in their devotion to the teachings of Christ; and one of Christ's teachings was this: "Blessed are the peacemakers: for they shall be called sons of God."

We need more solidarity in religion. Jesus did not concern Himself primarily with the building of a church organization but rather with the building of spiritualized human beings, supermen of God. And a superman of God is not a warlord but a "peacelord."

Emerson voiced this thought: "The more men have multiplied the forms of religion, the more vital godliness has declined." But it is more vital godliness that this world needs, not more religious sects

or creeds. Because of its many divisions, the church as a power for peace is weakened. Said the Master: "Every kingdom divided against itself is brought to desolation; and every city or house divided against itself shall not stand." We need to remember that the Lord our God is one Lord and that the universal Spirit can hardly be concerned as to whether you are a Romanist, a Lutheran, an Episcopalian, a Methodist, a Baptist, a Presbyterian, or a Congregationalist.

To the king of a certain country a man was brought in chains.

"What is the charge against this man?" asked the king.

"Your majesty, he will not acknowledge you as his king," answered the man's captors.

"Does he obey our laws? Is he kind to his fellows? Does he live an upright life?"

"Your majesty, his life, so far as we know, is an exemplification of virtue."

"Then strike off his chains and give him of my bounty; for there are many who with their lips tender me allegiance but in their lives show nonallegiance by acting counter to my laws."

We have this conviction, that every man, be he Christian or Jew, Mohammedan or Buddhist, be his nationality or color what it may, who strives to live decently and who loves his neighbor as himself, is obeying the law of the Spirit, is a peacemaker, and is entitled to be called a son of God.

In Wallace's "Ben-Hur" one of the three Wise Men going to see the Christ makes use of this blessing at their frugal meal: "Father of all—God!—what we have is of Thee; take our thanks and bless

us, that we may continue to do Thy will." In those few words did this wise man express a consciousness of the unity of God and a realization of the fact that all proceeds from God. In the name of God then let all men everywhere, regardless of race, creed, or color, strive toward conditions that promote and sustain a perpetual and progressive peace and thus expidite the coming of the kingdom of God on earth.

We need not worry about the dissemination of Christianity throughout the world if we as individuals obey the teachings of the Master. By the fruits of His teachings Christ will be made known and God glorified, for those fruits are altogether good and wholesome, promoting love, happiness, and well-being.

Wrote James in his epistle: "But be ye doers of the word, and not hearers only, deluding your own selves. . . . But he that looketh into the perfect law, the *law* of liberty, and *so* continueth, being not a hearer that forgetteth but a doer that worketh, this man shall be blessed in his doing." Yes, and by his doing of Christian acts he will spread blessedness amongst all peoples. Let us be not mere professors of Christianity. Let us be Christian practitioners, going about doing good, and not only on Sundays but on the other six days of the week. Thus we shall become peacemakers and sons of God.

As true Christians we express love, not hate, humility, not arrogance; faithfulness, not falsity; truth, not untruth; sympathy, not callousness; spirituality, not materiality; patience, not hastiness; cheerfulness, not grouchiness; candor, not secretiveness; justice, not injustice; diligence, not laziness; generousness,

not miserliness; forgiveness, not vindictiveness; sincerity, not insincerity; gentleness, not harshness; and that spiritual peace which passeth all understanding, not the peace that is the temporary result of temporization with adverse forces, the peace of expediency. Manifestation of the Christian or godly qualities that we have here enumerated, manifestation of these qualities in the individual lives of all of us whether we be employers of labor or employed, whether we be municipal or State or national legislators or those who are simply voters, whether we be priests or ministers or members of church congregations—such manifestation is bound to result in prosperity and happiness and a lasting peace.

As Christians rather than as churchmen let us follow our Leader along the path to peace, loving God, and our neighbors as ourselves. As Christians we strive toward "the measure of the stature of the fulness of Christ," and in so doing we become true followers of the Prince of Peace, whose Spirit precedes us.

Wait before Writing

During the latter part of the Christmas season transportation and delivery of mail may be slowed, so please allow plenty of time for your Unity orders and the Unity periodicals you regularly receive to reach you. While the Christmas mail congestion lasts into January, practically no mail is lost as a result, but delays do occur. Will you assist us by waiting patiently for your literature to arrive? Thank you.

The Truth That Frees

KATHLEEN W. WELCH

WHILE COUNTING my many blessings this morning, the desire came to me to pass on to others some of the affirmations of Truth that have helped me through many dark and difficult periods of my life.

A student of Truth—the teachings of Jesus Christ—for the past twenty years, my heart is filled with gratitude as I look back over this period and realize how I have been protected, guided, raised gradually up and out of a sense of poverty, ill-health, discontent, and a feeling of futility into comparative wealth—more than enough to fill all my needs—good health, peace of mind, and a feeling of achievement. God is very good to us, His children, when we learn to recognize His presence and the power of His word.

When Truth was first brought to my attention through Unity I was a woman surrounded by trouble, family trouble, financial trouble, physical trouble. I was paying regular visits to a doctor, taking treatments for my spine, which seemed to hurt constantly. I was very nervous, and I cried frequently and at the slighest provocation. One day a friend brought me some Truth literature. I had always been religious, though for some years I had been unable to believe in a future hell or heaven, or a God up in the sky somewhere who meted out punishment to the children He was supposed to love. The first thing about

this new teaching that appealed to me was its insistence on the fact that man was created in the beginning in the image and likeness of God; and God being a Spirit, man therefore was and is spiritual and not material. Moreover Truth taught that by recognizing the indwelling Christ and the kingdom of heaven within him man could become master of his health and circumstances.

It took some time for me to change all the negative thoughts I had entertained about myself, my family, and my environment, but as I faithfully tried to pray constructively instead of supplicating negatively, and as each day I claimed and affirmed my good as a child of God, conditions gradually improved. As I look back now, it seems as though I had changed into an entirely different person and consequently attracted new and better conditions. The following are some of the prayers and affirmations that helped and are still helping me to uncover more and more of "the kingdom of heaven . . . at hand."

Health: I am the image of God, and God is Spirit. I am a perfect, spiritual being, created and sustained by God. God expresses perfect health through me, perfect love, perfect joy, and radiant well-being. Through the indwelling Christ I am the very presence of God in action.

Energy and Strength: I thank God for His untiring energy flowing through me. I do not depend on my own strength, but I know that God's strength and energy are untiring, unlimited, and are mine to use at all times. I am one with God's life and energy, and I feel this perfect life flowing through every part of my body, vitalizing, renewing.

Circulation: I thank God for free, happy, unobstructed circulation of good and of service. I cannot be hindered or obstructed in my expression of good by any human suggestion or influence. I am free to do God's will for me, joyously, happily. This divine freedom is manifested in my body as perfect, free circulation of blood to all parts of my body.

Heart: My heart is filled with gratitude to God for all His blessings. My heart is strong in the knowledge that all is well, because I am God's beloved child and one with all good. God is love, and this love flows out through my heart to all mankind and to all the universe. I now forgive anyone who has hurt or harmed me in any way, and I refuse to hold anything in my heart but love and kindness. I have no fear of any person, place, thing, or circumstance, for God's love surrounds me and protects me. This divine freedom is manifested in my body as the perfect action of my heart, and I know that God is the love, the joy, and the strength of my heart.

Eyes: I see with God's eyes. I do not see imperfection. I am not critical. I see God's beauty and perfection everywhere and in all people. I see myself as God sees me. I do not belittle myself or find fault. The Christ within me beholds and salutes the Christ in all others. I relax and let God see through my eyes, and my perception and focusing power are perfect, strong, and clear.

Ears: God hears through my ears. I hear as God hears. I am not set or prejudiced in my opinions. I am willing to see and hear the other fellow's point of view. I do not shut out any suggestion of good but hold myself receptive and responsive to any message

that may come to me from God through other people. I am free to receive the blessings that may come to me from any source (whether I, humanly, think it is a likely source or not); and there is no human power that can hinder me or obstruct my good.

Foot Trouble: God blesses my incomings and my outgoings. I am free to come and go in God's service, to go about my daily affairs in comfort and in peace, and no human belief in hindrance, resistance, or pain has the power to hold me back. God is my perfect support and balance. I see every part of me as God sees it, as perfect and able to give perfect service. (See also affirmation on circulation.)

Beauty: The pure life of Jesus Christ transforms both consciousness and body, and I radiate Spirit wholeness in every part of me. I radiate love, and love is lovely. I radiate life, and this life is beauty. The loveliness of the indwelling Christ shines from within as love, kindliness, interest, intelligence, and joy, making my expression beautiful. Divine love shines through my eyes, and love's smile is on my lips. I am beautiful because I am the Lord's beloved and He approves of me.

Life: Time has no influence over me because I am eternal, composed of God's eternal substance. I am a spiritual being, governed by spiritual laws, and I am not subject to the laws of matter. In the beginning I was created in the image of God, and I am composed of perfect spiritual ideas. Each one of these ideas, manifested as parts or functions of my body, is perfect, radiant, young, and lovely, harmonious in every way, ever revitalized, ever renewed by Spirit, perfect in mind and in manifestation. Every

part of me is governed by love, and I express this love and interest constantly to others. I am open and receptive at all times to new ideas, new friends, new blessings, new interests. Eternal life is constantly flowing through me, and it cannot be slowed up, obstructed, or interrupted in its flow. I am young in mind and feeling, and the Christ presence within me is a source of eternal freshness. "Whosoever drinketh of the water that I shall give him shall . . . become . . . a well of [cleansing, purifying, vitalizing] water springing up unto eternal life."

Skin: I am completely surrounded and infolded by the protecting love of God. I am sensitive to nothing but good. Nothing can ever touch me but the divine action of God Himself, and God is love. I am the consciousness of God in action, so I entertain only pure thoughts and feelings. I live and move and have my being in the midst of the love that created me, and this love upholds and sustains me in perfect security and peace of mind. This love also flows through me in perfect circulation, stimulating and nourishing every part of me.

Guidance: The Light of Spirit shines upon my path, making it clear, bright, and certain. (Hold this thought many times a day, before going to sleep at night and the first thing upon awaking. It has helped me to many a good decision.) God within me is a mighty, directing force. His all-knowing wisdom guides me every step of the way.

Loneliness: I am never alone, for God is ever with me. "Closer is He than breathing, and nearer than hands and feet." I am one with God, and through the Christ dwelling within me I draw into

my life all good: true, sincere friends; interesting, stimulating experiences, and anything necessary for my growth, happiness, and well-being. God is my comfort and strength, a "very present help in trouble." I am one with all good in the universe everywhere. The Christ in me recognizes the Christ in others and so true friendship comes to me; and this Christ has said, "Lo, I am with you always, even unto the end of the world."

Achievement: I am here for a purpose. If I am to succeed, this purpose must be in harmony with God's purpose; so here and now I give myself over completely to God's will for me. I make the Golden Rule my standard of living and working, and I know that God's will is now done through me successfully. God's purpose is the expression of the kingdom of heaven in man's consciousness and so on earth. By operating in accord with this purpose I am assured of a successful, satisfying life.

Use of Talents: I thank Thee, Father, for the ability given me to serve Thee in the best way possible. Help me to stir Thy gift within me into flame that I may serve Thee and my fellow men the better. Help me to realize that I am an instrument in Thy hands for good and to know that "I can of myself do nothing" but that "with God all things are possible." I am here for the purpose of filling a particular niche in Thy planned universe. Thou dost need me to help complete Thy plan for mankind. I co-operate by recognizing Thy presence and power in my life and by allowing Thee to think, speak, and act through me in the way Thou thinkest best. I do all things with Thy help and to Thy glory.

Abundance: I am one with the spiritual substance out of which all forms are made. As a child of God I am heir to all good now and eternally. I do not have a consciousness of poverty but a consciousness of wealth and abundance. My mind and all my affairs are free to respond to the splendor of Spirit abundance, and I gratefully receive and use the gifts of Spirit. My substance cannot be diminished in volume. It is a continuous, uninterrupted flow, constantly replenished from the divine source, and generously ample for every demand made upon it. It is adaptable in many ways, through many channels. I am open and receptive to God's wealth of new ideas, flowing in and out of my consciousness in a perfect circulation of good. Thank you, Father, for Your ever-flowing abundance.

Home and Environment: In God I live and move and have my being; therefore my home and environment are love-filled, harmonious, orderly, and peaceful. I cannot be homeless, for God's love and care ever surround and infold me, and "the Eternal God" is my "dwelling-place." My perfect home is already prepared for me. Thank You, Father, for leading me to it. I know it will correspond to my consciousness of home; so please fill my consciousness with Thy Truth, beauty, love, harmony, comfort, rightness, and peace.

On Hearing a Discouraging Remark: I cannot be hurt, disturbed, or hindered in my spiritual progress in any way by any form of negative, mental suggestion, my own or anyone else's. This suggestion comes from the human side of me only. It cannot and does not come from Spirit and so cannot touch or influence

the real me, which is Spirit. Being spiritual, I am now and forever free of any influence but God, good. I am sensitive only to good, knowing that there is no reality in any supposedly opposing force. My spiritual growth is in the hands of the Father, and He leads me ever onward and upward. Thank You, Father, for Your infolding love and for Your approval.

Loss or Misplacement: Nothing can be lost in Divine Mind, which is all-seeing and all-knowing and all-remembering. In this mind I live and move and have my being. This intelligence now leads me to *(name of article lost)* and brings it to light. Thank You, Father, for this proof of Your loving care for me. (This may need to be repeated a few times quietly and firmly but with no sense of anxiety or haste. Then turn the matter completely over to the Father, knowing that the matter is already accomplished. Be alert to any suggestion that may come to you, and hold the feeling of assurance that the Father within you knows where the lost article is and is leading you to it.)

Sleep and Rest: (Before you close your eyes at night be sure that you are not holding any unlovely or unforgiving thoughts about anyone or anything—anything unlike God. Drop all fear and anxiety; then say quietly:) The Eternal God is my dwelling-place, and underneath are the everlasting arms. I rest in these arms as on a soft, white cloud, and all about me is silence and peace. All is well, for God is here all around me and within me. Every part of my being is at peace, for love is watching over all. God is taking full charge of every moment of my tomorrow, and all

will be well. I leave everything in His hands, and I am at peace. Thank You, Father, for Your loving care and for the peaceful sleep now coming to me. (It is good also to say the Lord's Prayer over slowly before falling off to sleep.)

Understanding: God is my understanding. The Christ within me knows the truth, and my consciousness is now filled with His light. This light shines always, dissolving any darkness of human belief. Illumination and guidance is always there for me when I turn to this light within. It never fails. Teach me true humility that I may be teachable, obedient, open, and receptive to Truth. Teach me to share with others wisely the understanding of Truth that is revealed to me. Thank You, Father, for the brightness of Your light of understanding within me.

These and other affirmation of Truth have never failed to get results when I have used them faithfully and persistently for myself or for others. "And let us not weary in well-doing; for in due season we shall reap, if we faint not."

Merry Christmas
and
A Happy New Year

In the Beginning God

L. STEVENS HATFIELD

IN GENESIS we read that "God created the heavens and the earth" and made man in His image and likeness. "And God saw everything that he had made, and, behold, it was very good."

A natural question seems to be this: If God created everything that was created and called it good, where does the not-good come from? Who or what created it? As human beings we are all conscious of this seeming not-good in our life.

In Genesis 2:19 we seem to have the answer to this appearance of not-good. "Out of the ground [substance] Jehovah God formed every beast of the field, and every bird of the heavens; and brought them unto the man to see what he would call them: and whatsoever the man called every living creature, that was the name thereof." Everything that God made He called good, but He gave man the privilege of calling things what he would, and whatever he called them, that they were to him. God does not change His creation, but man changes his idea of it.

We say the words "God, the good, is all there is," hoping by our repetition to make them come true. This is not right. We should say them because we know that they are true, and being true, they should be accepted by us with such positive faith that nothing but good can be outpictured in our life and affairs. If we make our thoughts positive as regards the good by declaring it at times when events take

some negative turn, it will be so firmly established in our subconscious mind that any evil condition that seems to confront us will at once be dissolved.

Through practicing the presence of God, good, we learn to adjust ourselves quickly to it in times of seeming evil. Nothing is permanent but good, for good is God. Then negation or not-good is not a permanent thing; it is merely a phase of life appearing at the moment to be true. A friend of mine has a happy thought and word for all such occasions. To all adverse appearances she takes a positive stand, declaring, "I am all right now." Holding to the now, she continues to be all right, for now is all the time there is. If we do not run after trouble in our mind it seldom finds its way into our affairs. No matter how bad it looks humanly, it must be all right spiritually.

Recently I read what seemed to me to be a most clever and apt definition of happiness, which is another name for good. Here it is. "Happiness is essentially a state of going somewhere, wholeheartedly, one-directionally, without regret or reservation." Is not that a perfect definition of Truth also? Truth is a state of going somewhere (to God the Father at the heart of our being) wholeheartedly (with no negative thoughts or words), one-directionally (never wavering or turning back), without regret or reservation (divinely glad of our choice, so giving our all to God, good).

We should make it a practice to search for good in the small everyday affairs of life. Bless your good as it appears: the first ray of sun in the morning, your first conscious breath of air, the water with which

you wash your face, the heat that cooks your breakfast, your home, your dishes, your food—small necessary things that we take so much for granted. Throughout the day continue your blessing of everybody and every thing you contact. Remember often that God made everything and called it good.

When things seem to go wrong in your life and world stand off mentally and ask yourself. How would I feel if this which is happening to me were happening to a stranger? What would be my reaction? What would I think about it? This impersonal attitude will often give you the solution to your problem; it will also give God a chance to adjust your affairs. If a negative thought comes to your mind, stop; you know negation is human, of man, not God. Take right hold of a positive thought. Know who and what you are, know what you are doing with your thought. By your thoughts you create. The thoughts you think you bring into manifestation. Will to think and say that God, the good, is all there is, therefore there must be good in whatever is troubling you.

Recently I read: "Of themselves words do not have power. Those who use them must put power into them." How can we put power into words? By feeling that what we say is true. By taking hold of them in our mind and bringing them forth in our feelings. We must practice feeling what we say. Try it. Say a word, like love, for instance. Feel it. Say it again with more feeling. Repeat it until you feel it as a living flame within you, near you, all about you. It will cleanse you of disease, unhappiness, lack. It will fill your life so full of love that nothing

of a negative nature can come in, so that all your ways will be "ways of pleasantness" and all your paths will be peace.

How wonderful it is to know that we do not have to go outside our home to find God, good. We do not have to be educated or talented or clever. We do not have to argue and fight and struggle. We are told, "Be still, and know that I am God." I am God. I am God this minute. No matter what is happening, no matter where I am, what I am doing, I am God. "I and the Father are one." "I, Jehovah, change not." As He was in the beginning so He will be to the end, a divine creator of good. All the change that is or ever can be is in us. We change, we vacillate, we are pushed and pulled hither and yon by our human contacts, by our feelings about those contacts. We like this, we dislike that; by our feelings we make our world, and then we blame God because we are miserable, because we think He punishes us. We punish ourselves by drawing away from Him, by our Adamic ability to give names to all that concerns us. We have a choice of baptism. We can say that this is good and this is bad, and by the power of our word make it so to ourselves.

We say, "I and the Father are one"; but do we use this knowledge? Can God know fear or sickness or lack or unhappiness? If I believe it when I say that I and the Father are one, can I then know fear or lack or sickness or unhappiness? If I believe that in the beginning God created everything and called it good, how can I feel that anything is not good? Someone will ask, How can sickness be good? And I answer: By making you turn to God and acknowledge Him as

your health. How can an accident be good? By making you turn to God and acknowledge Him as your safety. See good in all that happens to you. Will to see only good. Search for it. Hold fast to it. The idea, the thought, will be manifested as good in ways you least expect.

Jesus was positive personality. He remembered always that God was good, all good, and that evil was only in the eyes of the beholder and not in the thing beheld. He saw life in the widow's son. He saw health in Jairus's daughter, perfection in the withered hand. There were scoffers then as there are scoffers now. In whose name do you do this? By whose authority? Jesus' answer was "My Father worketh even until now, and I work."

In the beginning God created life, all forms of life, from the amoeba to man. In the 1st chapter of Genesis we are told that God created man "in his own image," and that He breathed the breath of life into him and he became a human being. As this life was in the beginning so it will be from everlasting to everlasting, eternally, without end. Man reflects God to the extent of his developed ability. God is the breath of life in man whether he knows it or acknowledges it or not. He made us in the beginning and He will care for us even without our consciously asking or letting Him. We acknowledge His power unwittingly in small things, in scratched fingers and bruised flesh, in growing nails and hair, in healing wounds and minor ills. When we keep out of the picture, the work is done in perfect order. It is in the seemingly big things that come from the outside that we draw away from God and try to do the work

ourselves, and when we then fail we cry out that God has deserted us—and it is we who have deserted God.

You cannot leave God out of anything, for as principle, law, He is everywhere present as good. This good is not in any sense to be construed as the opposite of evil. It is good as perfection, the ultimate, the absolute. If you will form the habit of looking for good in all things that touch your life, no matter what the seeming human element in the case may seem to be, you will bring good out of chaos and all manner of human negation.

Too many of us are seeking demonstrations. We want miracles to happen. We forget that if we are to demonstrate there must be something to demonstrate over. So we ask trouble to come to us so that we can prove that we are greater than it! Wouldn't it be wiser to live so wholly in the consciousness of God in us, of God as the beginning and the ongoing of our life, that we should never be conscious of trouble, never feel the need of demonstration, always feel ourselves to be in the presence of God because "I and the Father are one"? This does not mean that we are God humanly but that we are God spiritually. The body is human; the life in the body is divine. If we let this divine life live in us we are always in the presence of God, we are always in the enjoyment of good, and there can be no need of demonstration.

In the beginning God created everything according to His perfection, according to His idea of Himself in His creation. The things that God created are permanent; that is, they are everlastingly good. If there is an appearance of evil in your life or affairs it

must originate consciously or unconsciously in your own mind. It originates in your soul and senses as man, not in Spirit, God.

God is the source, the fountainhead of all things and all people. He is the beginning, the superintelligence, the all-wise, all-powerful law of creation. He is the breath of life, the motivating intelligence that pervades the universe. He is the principle of all existence, of all faculties, the substance of all things. He is the central power, the dynamo of creation. We must seek Him at His source, within His creation, within us. How shall we seek Him? By turning within our own mind and asking to see the Father. "No man hath seen God at any time; the only begotten Son, which is in the bosom of the Father, he hath declared him." "He that hath seen me hath seen the Father."

"Try your own selves, whether ye are in the faith; prove your own selves." "For now we live, if ye stand fast in the Lord."

"For in him were all things created, in the heavens and upon the earth, things visible and things invisible, whether thrones or dominions or principalities or powers; all things have been created through him."

"Before the mountains were brought forth,
Or ever thou hadst formed the earth and the world,
Even from everlasting to everlasting, thou art God."

"And we know that to them that love God all things work together for good, *even* to them who are called according to *his* purpose."

"Whosoever shall call upon the name of the Lord shall be saved."

His Name Shall Be Called Wonderful

BEVERLY E. FINCH

WHATEVER you are or hope to be that is good and acceptable to your mind and to that of God, be assured that the wonderful Christ in you has made it so or will make it so.

Yesterday I heard one person say of another, "Miss M—— is a wonderful clerk," and I thought, What makes her so efficient and competent that she should be called "wonderful"? Immediately the answer came: The Christ within of course; for He is all things to all men. His name is the essence of all that is truly good and effectual in each one of us waiting to come forth. Whatever of good we have accomplished in life was first rooted in the idea of perfection as our goal, the idea that the Christ in us was to influence every effort, every act, every achievement. Being persuaded that this is so, let us claim what we desire to be as already alive in us.

Suppose your object is teaching; naturally you want to be a good teacher, one of the best in your field, even a superlative one. Then begin by claiming: Christ in me is a wonderful teacher. Far from being conceit or self-sufficiency, this on the contrary is humility of the best and purest kind. It is an acknowledgment of Christ's greatness working itself out through you and forecasts individual achievement. With such an acknowledgment in your heart, you will be plainly shown the path toward your goal.

Or suppose you have a longing to make friends. Since Emerson has said, "The only way to have a friend is to be one," then you should start on your quest with the claim, Christ in me is a wonderful friend. Most of us have at some time or other realized the value of a good friend when we most needed one. At such a time nothing is sweeter than to have someone see our need and say: "What can I do? Let me help you"; and then to see this person go to work wholeheartedly to prove that his friendship is the real, active kind. He may speak words of encouragement and praise that will lift us out of bewilderment, despondency, and self-condemnation and make us believe in ourselves again. He may point out specific instances of good and useful things that you have done in the past and prove to you that you can duplicate or surpass them in the future. He may set you on your feet when you have slipped and fallen into a lower state of consciousness. And you know that this is the kind of a wonderful friend *you* want to be whenever the need arises. I saw this experienced in the life of a friend of mine at a time when she urgently needed a friend—when she had come to a crossroads that changed the whole course of her life.

So you make your claim to that which is yours in Truth: Christ in me is a wonderful friend. When you have thus acknowledged His presence in the midst of you, this helpful presence will manifest itself in many small, tangible ways, or perhaps in some big way. In any case it will be the best way to meet the need, for you will be inspired by love.

Christ in me is a wonderful judge. Whether you

are a judge on the bench in some court of justice or merely an individual called upon to pass on the right or wrong aspect of an act of one of your business associates, one of your neighbors, or one of your family, you can always say: "If I judge, my judgment is true; for I am not alone, but I and the Father that sent me." Meditating on this saying of Jesus, you will rise out of any inclination to judge from a personal viewpoint and the truth of the whole matter will be revealed to you. You will not judge by appearances but according to the right use of the law. The Spirit will guide you into all the Truth. Convinced of your true, right judgment, the minds of others concerned will feel your conviction, be influenced accordingly, and harmony will be established where discord had seemed to be.

Sometimes people who are bewildered and find it difficult to make a decision regarding some situation come to us for advice; and while it is poor policy to give advice unsought, when we are asked for it then is the time to say silently, "Christ in me is a wonderful counselor," and thereby place the government (and the responsibility of decision) of this particular condition or set of circumstances upon His shoulder. If we are sincere and impartial in our attitude, the right word to speak will be revealed to us. It may not be immediate as in the case of King Solomon's deciding which of the two women was the real mother of the child; but if we persistently ask God in the silence to send us the answer, it will come. We can pass it on to the person seeking it, and we can know that he was sent to us for an express purpose, the revelation through us of the Truth.

Christ in me is a wonderful healer. When we discover, as we should and must sooner or later, that each and every one of us has within him to some degree the Christ power to heal, it then begins to assert itself and become evident. It is always there potentially, and when we are ready to claim it and devote ourselves by study and prayer to its revelation, it becomes actual. Some are especially and definitely endowed for the manifestation of this gift, but fundamentally each one has it in a more or less positive degree. One who has been chosen to serve in this way will gain much by asserting, "Christ in me is a wonderful healer."

Christ in me is a wonderful peacemaker. To realize His presence in us as a peacemaker, we must be peace-conscious, confident that the peace we desire to impart to individuals and to the world at large is already within ourselves. Having realized peace in our own mind, we are then in a state of consciousness that enables us to radiate it to others. This state of consciousness is attainable when we become so relaxed, calm, and abstracted from the world about us as to feel the presence of the Spirit of peace all around us and in us. Then are we ready to give out peace; we can never give what we do not possess. The Christ in us is always the Prince of Peace.

Christ in me is a wonderful success. Success in any chosen line of activity is what we all crave; it is the great incentive that urges us on toward our objective. We all know what a wonderful success Jesus made of His life (all scoffing to the contrary notwithstanding), as has been proved through the two thousand years that He has lived in the minds of men

and ruled in their hearts, and as will continue to be proved for generations to come, until all men know Him, from the least to the greatest. When we let the wonder of His presence fill our consciousness we cannot do other than be a wonderful success in the particular line we have been chosen for. So let us begin every enterprise and vocation with the thought that He is wonderful in the midst of us and that we too can be wonderful through His power. This state of consciousness will presage the marvelous things we shall do in His name.

When we begin to view ourselves as potentially a wonderful success, we are well on our way toward the actual accomplishment of that desirable goal. A vision of the Christ within as a wonderful success is clothed itself with a garment of what we have imaged in mind, and the world sees us as we have come to see ourselves: not as a failure but as a success—through Christ in us, our hope of glory.

Whether you are a teacher, a clerk, a housekeeper, an artist, poet, or writer, a miner, farmer, banker, engineer, or chemist, an aviator, a statesman, you can claim your wonderful power to be what He would have been had He been acting in your place, which in Truth He is.

Whatever your talents, gifts, or qualifications may be, or whatever environment you were born into, remember that you were created wonderful in the beginning, and you are here to prove it with His help and inspiration, which is always available.

"All things I am, can do, and be,
Through Christ, the Truth that is in me."
"And his name shall be called Wonderful."

"Peace"

WILLIAM MARCUS RUNNEBAUM

Peace I leave with you; my peace I give unto you: not as the world giveth, give I unto you. Let not your heart be troubled, neither let it be fearful.

HERE IS A blessed message, a message of real comfort and strength; not an empty platitude but a statement backed by the power of the living Christ. Thousands have already found the way of peace, and countless others will find it when they behold the Truth that shines out fairer than the brightest light of the heavens.

Today, as during the earth life of the Master, people are prone to accept outer circumstances and conditions, even if they are not to their liking, as the final stroke of fate that they cannot escape. Lesson after lesson from the pages of Scripture reveals that man can master his environment and the way is taught for doing it. Yet a certain naïve conception prevails that the will of God means turmoil, strife, punishment, insecurity, unhappiness, and instability, which dominate the lives of His children here and are to be compensated for in the next life by a static "over-the rainbow" heaven. Man must learn to stretch himself, to awaken from his sleepy, nonthinking attitude toward spiritual values, if he ever intends to rise above present conditions and become a free son of the Most High. Thoughts create; and the chains on your wrists now were not put there by the Infinite.

You shackled yourself when you gave your mental consent to the world in which you live.

In the face of what the world calls international upheaval can there be such a thing as peace? Is peace a fact or a farce? You be the judge as the case is presented.

Jesus did not promise to give peace as the world gives. He knew that philosophies of life cannot be subdued by guns and swords. Therefore He taught that the only permanent way to peace is through the right direction of the thoughts that precede men's acts. If the thought is right, then the deed will be right. Atomic bombs can only subdue bodies; they cannot subdue thoughts. Therefore the search for strength and peace through armed might is like the proverbial search for the needle in the haystack. The pages of history are replete with bloody wars that were fought to bring about peace. They should go on to tell us that after each war men continued to propagate certain detrimental philosophies that were not even "fazed" by the physical conflict and fighting. After all a philosophy is a mode of thought training resulting in action.

The worth of any philosophy is determined by the kind of men it produces. Look about you and see if there are not different philosophies represented in your own city or neighborhood. What philosophy prompts the man that lords it over others and thinks of himself as vastly superior to his associates? We fought a war supposedly to end the domination of this philosophy in Europe and the East, yet you can see it in your own locality. You can also see other philosophies at work prompting men to lie, steal,

and cheat. Why should this be? Simply because peace must begin with individuals and permeate nations and the world. "A little leaven leaveneth the whole lump." The Christ peace is different and it produces men and women that are decidedly different from the ones enumerated. Once you grasp the Christ philosophy you make peace with yourself; then making peace with others is relatively simple. Ask any believer in the Sermon on the Mount and he will tell you by his life that peace is a fact.

Turning back to a certain scene in Jesus' ministry, we can find a wonderful illustration of how peace is attained. Notice however that the centering of thoughts had to be definitely accomplished before peace came. A violent storm on the Sea of Galilee, a boat, Jesus, and the apostles form the background of a powerful demonstration.

It was after a day of teaching that the Master decided to cross the blue waters of Galilee. He evidently wanted rest, as it was not long after the boat had left the shore that He fell asleep in the stern. Presently a great tempest arose that sent enormous waves dashing against the small vessel. The apostles became very frightened, having focused their thoughts on the storm and what it was doing. Suddenly it came to them that the Master was asleep in the same vessel that they believed to be sinking. Note the deep consternation in the cry of "Carest thou not that we perish?" Perish in a boat where the Master was riding? Nevertheless they thought that the end had come, but when He arose things became quite different. "Peace, be still." Calmness and serenity followed, with a question from Him concerning their

mental anxiety and lack of faith.

Now is there anything in that account that reminds you of our day and age—still more to the point, of yourself or friends? The lesson is plain, and it needs little analyzing to get the meaning.

Here we are in a so-called enlightened age, beset by fears on every hand produced by the false reports our five senses cook up for our consumption. To be wise is to know the latest negative trends in business, politics, education, international relationships, science, and the like. Popularity comes to the person who can give the choicest bit of gossip about some neighbor or national figure. Sickness is discussed in much the same way as the latest fashion in clothes, and if you say you are healthy, just consider yourself outdated. You just are not in the game. Calamity mongers are rampant, seeking to devour every person that has even partial peace of mind. What do you expect from a tempest created by negative thinkers and blowing over the sea of daily living?

Let us reason together for just a moment and then draw our conclusion about the whole matter.

If you have been listening to the latest news and picturing the worst results possible, talking negatively with all your friends, discussing disease, reading discouraging articles and literature, then your state can be predicted with accuracy. The adverse waters are filling the boat in which you are depending for a safe passage to serenity and peace. Your cry, no doubt, is the same as that of the apostles. Had their attention been focused on the Master, fear would not have filled their souls; for men react directly in terms of the person or thing that their

minds are stayed upon—if on negative condition, fear and anxiety are the result; if on the Lord, peace and calm naturally follow. The choice is ours!

When outer conditions assail us, it is because too much of our attention has been focused on them. The only power they have is the power that we willingly give through our disturbed thought processes (tempest). They can become mountain high, for the more we concentrate upon them the larger they grow (fill the boat). So frightening do they seem to be that we cry out in agony. "Save, we perish!" In that cry, the knowledge of the One is awakened (Christ). He can help us. He speaks to our troubled hearts (minds) and order is restored. Why? Because our thoughts are centered on Christ and His ability to bring peace under any conditions. It is by centralizing our thoughts on the Master that we are reminded that no condition, not even death, overcame Him in the body; and we are reassured that Christ within us, likewise, cannot be overcome.

The Christ does give us peace that is lasting, but we must become still to know how it operates. The person who spends at least a few minutes each day in the silence with God cannot be conquered, for in that silence a philosophy will be imparted to him that can never be gainsaid.

When God speaks peace follows! Not what the world calls peace, a mere cessation of hostilities between nations, but a peace that passes all human understanding.

"Be still [have peace], and know that I am God." In daily meditation and silence God speaks to the hearts (minds) of men. Those hearts (minds) in turn

become filled with divine ideas. Put into practice through deeds, the ideas establish right relationships between man and man and nation and nation.

Yes. Christ peace is different! It begins with the cause and works toward the effect. It begins within and works toward the without. Therefore, when a man gets his thought pattern straight, everything else will fall in line with his thinking. As thoughts of worry, fear, greed, hate, and malice are supplanted by thoughts of love, peace, and good will, wars will cease, for man will have found peace within.

Regardless of your present condition, a faithful centering of your heart on the Christ in you will bring amazing results. "Let not your heart be troubled, neither let it be fearful."

The Star in the East

The star leads to Christ:
Oh, follow it now!
The star leads to Christ:
Before it we bow!
The star leads to Christ:
In your heart He is now!

—JESSIE CAMERON BROWN

When God Takes Charge

IDA F. KILLIAN

IT WAS VERY early in the morning and dark as midnight outside. My husband had just gone to work. I lit the tiny lamp above my desk and sat down to meditate on two sentences written in my notebook several weeks before. " 'Nothing but good can come into my life, for God is in charge.' His perfect wisdom guides me in all my affairs." The first had been copied from *God Is the Answer,* by Dana Gatlin. The second I had added for emphasis.

Sitting there in the stillness I suddenly heard the doorknob turning very quietly. Then it was twisted and rattled violently. When the door failed to open a key was inserted into the lock and forced back and forth.

I became mute with fear and froze to my chair. A ghastly sick feeling emerged from the pit of my stomach and seemed to engulf me. Then as cold beads of sweat began oozing out on my forehead I was almost overwhelmed with waves of faintness.

But through all the stark terror that possessed me the words of those two sentences continued to run hazily through my mind, just as I had been repeatedly affirming them a few minutes before. Suddenly they seemed to release some latent power within me. Without knowing why or how, I found myself dashing to the front room, snapping on all the bright lights there, then in the hall also. The key was immediately withdrawn. I ventured to the front door

to look out but could see nothing because of the brightness within. Switching off the light I peered out again, but the would-be intruder had disappeared.

Returning to my desk, I slumped breathlessly into the chair, trying to relax. In an indescribable way I was conscious of God's wonderful protection. I thanked Him again and again, realizing vividly His power to shield and bless. Only good had entered my life, for God had taken charge and His perfect wisdom had kept me safe.

When it became lighter I went out on the side porch, and there on the terrace, beneath the window where I had been sitting, I saw large footprints in the new white snow. They led up to the window, turned sharply, then returned to the sidewalk again. Someone had evidently peeked into that window to make sure I was alone before trying to gain entrance. He did not know that I am never alone, for One mightier than he is always at hand.

When I told my husband that evening he was naturally disturbed by thoughts of the many things that might have happened. He said the fact that the lock could not be opened was really miraculous because it was a simple, inexpensive one that could easily be forced with almost any skeleton key. In spite of this I had been divinely shielded and protected by the Father's loving, ever-present care.

How much more intimate my God has become! How much more comforting and reassuring those meaningful sentences! " 'Nothing but good can come into my life, for God is in charge.' His perfect wisdom guides me in all my affairs." With what conviction I can affirm them now, since they have be-

come a vital, proved reality. I have entered many affirmations in my little notebook since that day, but these will always be old favorites. Even as the rainbow became a symbol of promise many centuries ago, so God has given me these words to be a promise of His care and guidance. When circumstances seem too snarled ever to be untangled I affirm my good by clear, forceful repetition. When things seem to reach an aggravating standstill I try to relax and surmount exasperation with these same calm, assuring thoughts. Again and again God has taken charge, and His perfect wisdom has erased all blurs of uncertainty with positive guidance and perfect solution.

But even in the face of such marvelous demonstration how apt we often are to take things in our own hands and try to solve them in our own human way. My little three-year-old daughter loves to go shopping, running along unaided by my side. But each time we approach a street crossing she reaches up to grasp my hand, and together we go safely to the other side. She has perfect confidence that I can pilot her across, and without question she clings to me for protection.

How often when we approach a perilous crossing in our affairs we try to strike out alone. Again and again we must retrace our steps or perhaps find ourselves out in the middle with adverse situations constantly bearing down upon us. If only we could approach our problems like a little child how quickly harrowing circumstances could be dissolved or righted. To reach out spiritually with that same trust and confidence would be to bring our Father's protective guidance into immediate active demonstration.

How true are the Psalmist's words:

"Thou hast made the Most High thy habitation;
There shall no evil befall thee,
Neither shall any plague come nigh thy tent."

The Bible is full of instances of God's protection and blessing. Because Abraham obediently trusted, his son was restored to him unharmed. Because Daniel persistently looked to God as his protection he was saved from the jaws of ferocious beasts. Because Noah listened to God in spite of criticism and ridicule he was shielded from a mighty disaster. All these demonstrated their good because God was allowed to take charge in the midst of circumstances that seemed overwhelming and insurmountable.

Because a centurion believed the word of Jesus could heal his servant the healing was provided. Because disciples turned to the Master when a storm threatened their little boat the winds and waves were subdued. Because two sisters were willing to roll away the stone of unbelief their brother Lazarus was raised from the dead. All these persons experienced a wonderful good coming into their lives, because turmoil, grief, and fear always give way when God takes charge.

How strange that we should not trust Him more! How astounding that we do not always place all that we have and are in His charge! Never has He given a wrong solution to any problem. Never has He been confused by all the clamor and doubting of our human mind. Lovingly and willingly He takes charge whenever and wherever we clear a place for Him. To accept His leading joyously is to know positively that only good can enter our life, for His perfect

wisdom will surely guide us to our perfect good.

With joy and enthusiasm I continue to affirm these old favorite statements of Truth. Some mornings I awaken with them running through my mind. I discover them weaving themselves into my simplest daily plans and activities. Occasionally I repeat them again and again, each time concentrating on a different word in the statement. Sometimes they sing themselves into a happy little tune. Again they come unannounced in the form of a calm reassuring impression. Again and again they remind me of God's wonderful love.

Across them in my notebook, in bold, firm letters I have written the word "true," for I know I can depend on their promise to meet my most urgent need. Since God is the same yesterday, today, and forever, I know He will continue to honor them in my life as long as I sincerely trust Him and earnestly try to give Him free course in all my affairs.

Prayer for Light

Julia H. Ricker

God, give me light that I may see
The good where it seems not to be;
That I may find beneath man's sin
The Christlike spark that lies within,
God, give me light.

Sunday LESSONS

These lessons point out the symbology of the Bible and interpret it according to the Unity teaching. Study with an open mind and Truth will convince you. Bible text is taken from the American Standard Version of the Bible, copyright, 1929, by the International Council of Religious Education: lessons are developed from outlines prepared and copyrighted by the Council; both are used by permission.

Lesson 9, December 1, 1946

UNITY SUBJECT—*Materiality or Spirituality.*

INTERNATIONAL SUBJECT—*Modern Opponents of Christianity.*—Acts 19:23-30; Eph. 6:13-18.

23. And about that time there arose no small stir concerning the Way.

24. For a certain man named Demetrius, a silversmith, who made silver shrines of Diana, brought no little business unto the craftsmen;

25. Whom he gathered together, with the workmen of like occupation, and said, Sirs, ye know that by this business we have our wealth.

26. And ye see and hear, that not alone at Ephesus, but almost throughout all Asia, this Paul hath persuaded and turned away much people, saying that they are no gods, that are made with hands:

27. And not only is there danger that this our trade come into disrepute; but also that the temple of the great goddess Diana be made of no account, and that she should even be deposed from her magnificence whom all Asia and the world worshippeth.

28. And when they heard this they were filled with wrath, and cried out, saying, Great *is* Diana of the Ephesians.

29. And the city was filled with the confusion: and

they rushed with one accord into the theatre, having seized Gaius and Aristarchus, men of Macedonia, Paul's companions in travel.

30. And when Paul was minded to enter in unto the people, the disciples suffered him not.

13. Wherefore take up the whole armor of God, that ye may be able to withstand in the evil day, and, having done all, to stand.

14. Stand therefore, having girded your loins with truth, and having put on the breastplate of righteousness,

15. And having shod your feet with the preparation of the gospel of peace;

16. Withal taking up the shield of faith, wherewith ye shall be able to quench all the fiery darts of the evil *one*.

17. And take the helmet of salvation, and the sword of the Spirit, which is the word of God:

18. With all prayer and supplication praying at all seasons in the Spirit, and watching thereunto in all perseverance and supplication for all the saints,

GOLDEN TEXT—*Finally, be strong in the Lord, and in the strength of his might.*—Eph. 6:10.

SILENT PRAYER—*I give the strength of my thought to the excelling truth of love and wisdom.*

Materiality is not an innovation of the present age. In every period of history Demetrius, the master craftsman or chief idea, has guarded the destinies of the material self, seeking to turn even faith in God to his advantage. He whose approach to life is materialistic builds a nature and character that are hard, narrow, and shallow. He who builds on the foundation of spiritual truth enlarges the boundaries of his consciousness and becomes a citizen of the kingdom of the mind. Even his body partakes of the nature of Spirit, for his thoughts are expressed in his body as

spiritual substance. Material thinking builds a material body. Spiritual thinking builds a spiritual body. No one waits for death to intervene before beginning the building process. It proceeds without interruption from birth onward, although the nature of the substance used may vary from time to time with the character of the thoughts of the builder. True ideas about God and man give an impetus to our thinking that results in the spiritualization of all our thoughts and a consequent refining of the physical nature.

The race thought has been materialistic from the beginning, but the spiritual consciousness may be entered into at any time notwithstanding. Self-seeking and self-aggrandizement may be overcome by the unselfishness of the Christ mind. The latter works quietly, but its influence is pervasive, and the whole man, body, soul, and spirit, soon shows its presence. In the material realm wealth means money, lands, or other tangible evidences of ownership or value. "Sirs, ye know that by this business we have our wealth." The materialist worships the work of his own hands, the product of his own toil, the result of his labors. He is a self-made man, and he takes pride in the fact. The spiritual-minded man destroys the idols of the self, substituting for it the unseen but very real values of the realm of mind.

A complete change of our thought habits results in quite a commotion in our life. The materialistic bent does not yield without a struggle. To this end the spiritual nature is to be armed as the knights of old were wont to be armed for combat. Armor is chiefly defensive, and as we develop in the image of Truth we learn to hold our ground or "stand" with-

out wavering, using the weapons of truth, righteousness, peaceableness, faith, salvation, and the creative word. To these we add prayer and watchfulness, that we may ask only what we are prepared and willing to make use of when it is received.

Until we know Truth we cannot gird our loins with truth, or establish the strength that we already have on a firmer basis. We know that the moral law is true and that to become or remain true men and women we must observe it. We know that the good is true, and we study to recognize and acknowledge it in our life and affairs or wherever we see it made manifest. We recognize love, faith, wisdom, and all other constructive faculties as based on Truth, and try to develop these instead of allowing the negative faculties of hate, doubt, ignorance, and other harmful traits to find expression in and through us.

The breastplate of righteousness is defensive armor. To be conscious of being right because we are conscious of being true is to make ourselves proof against all onslaughts of evil, all insidious temptations to accept or content ourselves with the race standards of thinking or living.

The "preparation of the gospel of peace" is love and mutual good will. Without these peace is impossible. With them world peace becomes more than an unrealizable ideal; it becomes an actuality as the preparation for it is established as a universal condition.

Faith is the indispensable state of mind of all spiritual living. Without it negation rules the life. With faith in Truth well developed and put into practice, standing fast in the good becomes a way of

life to be followed habitually as a matter of course as well as a matter of principle.

To be freed from error and its effects is the salvation of the intellect, for no one can do his best thinking while under the crippling effects of erroneous habits. The keeping of the divine law sets the intellect free. It is the "helmet of salvation." The creative word of Truth then has a limitless field of action.

QUESTIONS

1. How is the body affected by materialistic thinking as distinguished from spiritual thinking?
2. Do true ideas about God, when incorporated in our thoughts, refine the physical nature?
3. How are self-seeking and self-aggrandizement overcome?
4. In what respect does the materialist's wealth differ from that of the spiritual-minded person?
5. How do we learn to "stand" and "withstand," using the defensive weapons of the Christ?
6. What is the "preparation of the gospel of peace," and how can we make such preparation effectual even now?

****

Lesson 10, December 8, 1946

UNITY SUBJECT—*Spiritual Appropriation.*

INTERNATIONAL SUBJECT—*Paul Admonishes the Churches.*—I Cor. 11:20-27; Rom. 13:13-14; Eph. 5:18-21.

20. When therefore ye assemble yourselves together, it is not possible to eat the Lord's supper:

21. For in your eating each one taketh before *other* his own supper; and one is hungry, and another is drunken.

22. What, have ye not houses to eat and to drink in? or despise ye the church of God, and put them to shame

that have not? What shall I say to you? shall I praise you? In this I praise you not.

23. For I received of the Lord that which also I delivered unto you, that the Lord Jesus in the night in which he was betrayed took bread;

24. And when he had given thanks, he brake it, and said, This is my body, which is for you: this do in remembrance of me.

25. In like manner also the cup, after supper, saying, This cup is the new covenant in my blood: this do, as often as ye drink *it,* in remembrance of me.

26. For as often as ye eat this bread, and drink the cup, ye proclaim the Lord's death till he come.

27. Wherefore whosoever shall eat the bread or drink the cup of the Lord in an unworthy manner, shall be guilty of the body and the blood of the Lord.

13. Let us walk becomingly, as in the day; not in revelling and drunkenness, not in chambering and wantonness, not in strife and jealousy.

14. But put ye on the Lord Jesus Christ, and make not provision for the flesh, to *fulfil* the lusts *thereof.*

18. And be not drunken with wine, wherein is riot, but be filled with the Spirit;

19. Speaking one to another in psalms and hymns and spiritual songs, singing and making melody with your heart to the Lord;

20. Giving thanks always for all things in the name of our Lord Jesus Christ to God, even the Father;

21. Subjecting yourselves one to another in the fear of Christ.

GOLDEN TEXT—*Let us walk becomingly, as in the day.*—Rom. 13:13.

SILENT PRAYER—*I seek to express the Spirit of the Christ that animates me.*

Eating and drinking represent appropriation. The spiritual aspect of appropriation is evident in the

statement that "the Lord Jesus in the night in which he was betrayed took bread" and, after giving thanks, gave it to His disciples. The food with which we nourish and sustain our body is no more essential than the truth with which we nourish and sustain our faculties and develop them. To regard eating and drinking as forms of sense gratification only is to deprive ourselves of the substance of Truth. Man is a spiritual being no less than a material being, and without the development of the former the latter is of small importance. When we partake of food we nourish our physical body. When we give food to others we nourish their physical bodies and our spiritual body by the same act. The second is of more worth than the first, since both ends are served by it. The Christ even in the moment of personal distress takes thought for others and ministers to their needs. The deepest truths of the gospel are presented in the Lord's Supper.

Bread represents the flesh of Christ, the outer form of the inner substance. The vine is one of the most esoteric symbols of the life principle; wine is the expressed life of the vine, symbolically the very blood of life. The body of Jesus Christ is spiritual flesh, substance fashioned into beauty and permanency by the word of God. "It was not Moses that gave you the bread out of heaven; but my Father giveth you the true bread out of heaven."

The blood of Jesus Christ is the quickening element in creation. It perpetuates to eternal expression all who are able to drink of it. "The blood is the life," we are told in the Old Testament ritual, and the Children of Israel were forbidden to eat it. "Be

sure that thou eat not the blood . . . Thou shalt not eat it; thou shalt pour it out upon the earth as water." It was the symbol of material life, and materiality was not to be appropriated by the spiritual being, man. The higher consciousness is not to appropriate the lower. On the other hand Jesus said to the Jews, "Except ye eat the flesh of the Son of man and drink his blood, ye have not life in yourselves." He explained this by saying, "It is the spirit that giveth life . . . the words that I have spoken unto you are spirit, and are life." Many have taken this vivid figure of speech literally and found it "a hard saying." Jesus made it clear that we are to drink in the Spirit of life that animated Him, and were to come into an awareness of eternal life in this way.

To think in the head and starve the heart results in lack of poise. True, well-balanced thinking is in the union of the head and heart. To practice thinking in the inner realm of the heart establishes equilibrium so that we more easily find our soul. We lose our soul when we think in the head only and live on externals.

The story of Jesus is the story of the disciplined will. He could say, "My meat is to do the will of him that sent me, and to accomplish his work." The necessity of disciplining the mind is very real and urgent. We train domestic animals and harness the forces of nature yet miss the perfection that we might realize by aligning our will with that of the will of God. No one can be the perfect man until he disciplines his mind and takes control of his thoughts. He cannot be truly religious before his mind is put in order and his ideas harmonized with divine ideas.

The perfect society, the ideal civilization, the kingdom of God on earth awaits the adoption of the disciplined ideal by men and women. We are so accustomed to thinking of Jesus as doing the works of God, speaking the words of God, and of expressing the divine nature in general that we take all such expressions for granted as His natural bent. We overlook the truth that He had disciplined His will until He could say in His greatest crisis, "Not my will, but thine, be done." Such mental discipline does not come of itself. It is the result of faithful following of the divine ideal. We gain the end for which we came into life as we attain to it.

QUESTIONS

1. What do eating and drinking represent? Are they physical acts only?
2. What is "the true bread out of heaven"?
3. Why did Jesus Christ command His disciples to drink His blood when the Jews were forbidden to drink blood?
4. How can we come into an awareness of eternal life here and now?
5. In what does well-balanced thinking consist?

,,,,,,,,,,,,,,,,

Lesson 11, December 15, 1946

UNITY SUBJECT—*Brotherhood through Forgiveness.*

INTERNATIONAL SUBJECT—*Christian Love Builds Brotherhood.*—Philem. 4-20.

4. I thank my God always, making mention of thee in my prayers,

5. Hearing of thy love, and of the faith which thou hast toward the Lord Jesus, and toward all the saints;

6. That the fellowship of thy faith may become

effectual, in the knowledge of every good thing which is in you, unto Christ.

7. For I had much joy and comfort in thy love, because the hearts of the saints have been refreshed through thee, brother.

8. Wherefore, though I have all boldness in Christ to enjoin thee that which is befitting,

9. Yet for love's sake I rather beseech, being such a one as Paul the aged, and now a prisoner also of Christ Jesus:

10. I beseech thee for my child, whom I have begotten in my bonds, Onesimus,

11. Who once was unprofitable to thee, but now is profitable to thee and to me:

12. Whom I have sent back to thee in his own person, that is, my very heart:

13. Whom I would fain have kept with me, that in thy behalf he might minister unto me in the bonds of the gospel:

14. But without thy mind I would do nothing; that thy goodness should not be as of necessity, but of free will.

15. For perhaps he was therefore parted *from thee* for a season, that thou shouldest have him for ever;

16. No longer as a servant, but more than a servant, a brother beloved, specially to me, but how much rather to thee, both in the flesh and in the Lord.

17. If then thou countest me a partner, receive him as myself.

18. But if he hath wronged thee at all, or oweth *thee* aught, put that to mine account;

19. I Paul write it with mine own hand, I will repay it: that I say not unto thee that thou owest to me even thine own self besides.

20. Yea, brother, let me have joy of thee in the Lord: refresh my heart in Christ.

GOLDEN TEXT—*Now the Lord is the Spirit: and where the Spirit of the Lord is,* there *is liberty.*—II Cor. 3:17.

SILENT PRAYER—*Through divine love we are all one in Christ.*

Forgiveness is one of the main functions of the Spirit of the Christ. He in whom this Spirit is alive and active finds continual occasion for exercising it in his relations with others. Since understanding reaches its perfection only in the presence of fully developed love, many cases arise where misunderstanding calls for forgiveness. Such a case is set forth in Paul's letter to Philemon.

The natural reaction of the person who has been wronged is a desire to have the wrong righted. The sense mind also prompts him to have revenge. The mind of Christ does not contain these negative promptings. Instead it leads its possessor to forgive fully and freely so as to get the wrong out of mind as quickly as possible, thus allowing the constructive attitude uninterrupted sway.

In a human sense brothers may be as far apart as the poles, without any common feeling or purpose. In Christ they are closely knit into an indissoluble oneness. All in whom the Christ Spirit of divine love is active thus become one. Before Paul appealed for forgiveness for Onesimus he built up in the mind of Philemon by his letter a full consciousness of the Christ Spirit within him and of the effects that Philemon had already experienced by reason of its indwelling. When we know that someone is praying for us daily we are not disposed to refuse him when he intercedes with us for another. Philemon's love and faith were shown in his devotion to God and in his attitude toward his fellow Christians. Love and faith

are made effectual in forgiveness of those who wrong us. Regardless of the attitude of others we are to express our consciousness of the Christ in our dealings with them, and our reaction is to be good, not evil. "That the fellowship of thy faith may become effectual, in the knowledge of every good thing which is in you, unto Christ." When we are conscious of the Christ within us we wish to express good toward others, no matter what their attitude toward us may be.

Brotherhood is above all an ideal of the Christ mind. It will be realized only as selfishness gives way to unselfish love and the spirit of fair play and good will. Unselfishness makes forgiveness possible, for it enables us to consider both sides of a question and weigh all factors impartially. In the impersonal consciousness we are able to see our oneness with others instead of our differences.

Certain rights that are inviolate in one age may become nonexistent in another. In Philemon's day the master had a right to his slave. Now chattel slavery is largely an obsolete condition in the world, and in time it will be completely so. Paul's spirit was so nearly that of the Christ that he saw brotherhood supplanting the relation of master and servant even in his day. "No longer as a servant, but more than a servant, a brother beloved." Divine love builds brotherhood.

The ideal of brotherhood is a practical one. If realized at the present time it would solve labor disputes and iron out misunderstandings between classes. Paul claimed partnership with Philemon in dealing with their brother in Christ. Paul would

stand sponsor for Onesimus and make good whatever loss he had caused his master. This is "vicarious atonement" in practical form. One with both, Paul forms the connecting bond between them. The slave would feel joy on being forgiven. Paul claims that joy as his own. "Brother, let me have joy of thee in the Lord." Paul is bearing Onesimus's burden, and he asks Philemon to remove it from his shoulders.

When we realize such oneness we no longer need to be urged to forgive those who wrong us. We forgive offenses as soon as they are committed, knowing that the harboring of hurt feelings, hatred, or grudges injures us more than the wrong done us by another.

Good fellowship is the common ground on which all may meet, and this is surest and most lasting in the Christ consciousness. In it we are sure of the reaction of all who are like-minded. Paul's claim that the person of Onesimus was his "very heart" becomes understandable as we learn to practice this complete oneness with others in Christ.

QUESTIONS

1. Does the Spirit of the Christ make forgiveness an easy matter?
2. What is the natural reaction of the person who has been wronged?
3. How does the Christ Spirit make for brotherhood?
4. Is our attitude toward others to be independent of their attitude toward us, or patterned after theirs?
5. What has unselfishness to do with forgiveness?
6. In what way does refusal to forgive another affect the one so refusing?

Lesson 12, December 22, 1946

UNITY SUBJECT—*The Divine Gift.*

INTERNATIONAL SUBJECT—*God's Greatest Gift.*—
—John 3:16; Eph. 3:14-21.

16. For God so loved the world, that he gave his only begotten Son, that whosoever believeth on him should not perish, but have eternal life.

14. For this cause I bow my knees unto the Father,
15. From whom every family in heaven and on earth is named,
16. That he would grant you, according to the riches of his glory, that ye may be strengthened with power through his Spirit in the inward man;
17. That Christ may dwell in your hearts through faith; to the end that ye, being rooted and grounded in love,
18. May be strong to apprehend with all the saints what is the breadth and length and height and depth,
19. And to know the love of Christ which passeth knowledge, that ye may be filled unto all the fulness of God.
20. Now unto him that is able to do exceeding abundantly above all that we ask or think, according to the power that worketh in us,
21. Unto him *be* the glory in the church and in Christ Jesus unto all generations for ever and ever. Amen.

GOLDEN TEXT—*Thanks be to God for his unspeakable gift.*—II Cor. 9:15.

SILENT PRAYER—*The love of the Christ in my heart is the free gift of God to me.*

The purest expression of love is unselfish giving. To give without thought of return is to give as God gives, without stint or measure. "God so loved the world, that he gave." If God so loved the world,

small wonder that we too love it. We should not be here, loving the earth and clinging to it as the infant clings to its mother's breast, resting confidently upon it as the infant relaxes in its mother's arms, if we were not intimately and inseparably connected with it. As the world requires the gift of the divine Son of man to bring out its meaning and make life comprehensible, so do we require the gift of the Christ in our mind and heart to perfect our expression of the inner life. Whosoever believes that the Christ as a quickening Spirit dwells in his heart and soul has mastered the life secret.

The son of man aspires to the divine, which is proof that he contains within himself the element of divinity. The poet Goethe hinted at this in the words "If the eye were not of the nature of the sun, how could we behold light? If divine force were not at work in us, how could divine things delight us?" The divine is omnipresent, and the son of man therefore becomes the Son of God. This process is a matter of transmutation of the earthly into the spiritual. In the beginning the latter is hidden in the former, and it must be brought out into expression by faithful practice.

A gift may lie unused until its presence is no longer realized or suspected, much less believed in. The spiritual nature is the most prized of our possessions, an inexpressible or "unspeakable gift," yet often it remains the most neglected. To be "strengthened with power" is a work of the Spirit "in the inward man." Strange to say, this Spirit does not work of itself. It must be encouraged, listened to, believed in, awaited. It dwells in us through faith.

Unbelief, neglect, absorption in worldly interests keep it inert and inactive.

The spiritual nature is first and last a paradox. Paul says that the "love of Christ . . . passeth knowledge" and in the same breath prays that the Ephesians may know it and possess it. The unknowable, by the standard of the flesh, is to be and can be known by the activity of the Spirit. By way of defining it, or suggesting its boundlessness, he assigns to it the bounds of breadth, length, height, and depth. "All the fulness of God" is at our command as we are able to avail ourselves of it.

The soul, which symbolizes love, the universal attracting power, strives to develop the kind of life that connects it with the eternal. The heart of the glad tidings of Jesus Christ to mankind is that God, through love, gave His only-begotten Son, the fullness of the perfect-man ideal in Divine Mind, the Christ, to be the true spiritual self of every individual. By following Jesus' example of recognizing and acknowledging the Christ in our every thought, word, and deed, thus making ourselves one with His completeness, the outer will become as the inner; we shall be like Jesus Christ; we shall know Him as He is. He that truly believes "cometh not into judgment, but hath passed out of death into life." This is the saving work of the Christ.

Divine Mind gives itself to its creation, which is therefore permeated with intelligence. The divine idea makes itself manifest as a free gift, so that everyone to whom the word of God comes may be called a god. However each one proves his high estate through humility and obedience to divine

law, which continues the paradox.

As we realize that all that we have and all that we are has come to us as the gift of divine love and that we make it our own through the exercise of faith, we feel a desire to give to others. This is a logical development of divine love, proof to us that we have opened our nature to the influx of the highest, the love of Christ in its fullness.

QUESTIONS

1. What is the purest expression of love?
2. What proof do we in ourselves afford that the earth is our mother?
3. How do we know that we have within us the element of divinity?
4. Why is it possible for the son of man to become a Son of God?
5. How can the spiritual nature be known?
6. What has faith to do with the exercise of our gifts?

,,,,,,,,,,,,,,,,

Lesson 13, December 29, 1946

UNITY SUBJECT—*The Transformation of the Person into the Individual.*

INTERNATIONAL SUBJECT—*The World for Christ.*—Acts 9:15; 19:21; 23:11; 28:28-31; Rom. 1:13-16; 15:22-24.

15. But the Lord said unto him, Go thy way: for he is a chosen vessel unto me, to bear my name before the Gentiles and kings, and the children of Israel:

21. Now after these things were ended, Paul purposed in the spirit, when he had passed through Macedonia and Achaia, to go to Jerusalem, saying, After I have been there, I must also see Rome.

11. And the night following the Lord stood by him, and said, Be of good cheer: for as thou hast testified concerning me at Jerusalem, so must thou bear witness also at Rome.

28. Be it known therefore unto you, that this salvation of God is sent unto the Gentiles: they will also hear.

30. And he abode two whole years in his own hired dwelling, and received all that went in unto him,

31. Preaching the kingdom of God, and teaching the things concerning the Lord Jesus Christ with all boldness, none forbidding him.

13. And I would not have you ignorant, brethren, that oftentimes I purposed to come unto you (and was hindered hitherto), that I might have some fruit in you also, even as in the rest of the Gentiles.

14 I am debtor both to Greeks and to Barbarians, both to the wise and to the foolish.

15. So, as much as in me is, I am ready to preach the gospel to you also that are in Rome.

16. For I am not ashamed of the gospel: for it is the power of God unto salvation to every one that believeth; to the Jew first, and also to the Greek.

22. Wherefore also I was hindered these many times from coming to you:

23. But now, having no more any place in these regions, and having these many years a longing to come unto you,

24. Whensoever I go unto Spain (for I hope to see you in my journey, and to be brought on my way thitherward by you, if first in some measure I shall have been satisfied with your company)—

GOLDEN TEXT—*I am debtor both to Greeks and to Barbarians, both to the wise and to the foolish.* —Rom. 1:14.

SILENT PRAYER—*I gain understanding from every experience that I meet and face.*

The important thing in life to each of us is to express the conviction that lies next to our heart. New light gained on old obscurities must be given out if the newly enlightened one is to remain content with himself and his lot. If he undertakes to keep his light to himself he has no peace. He must give of himself at his best before he can be happy.

Paul was no exception to this rule. Rather he exemplified it in abundant measure. Realizing that he was regarded by the Jews as an apostate, he acquiesced in the commission to the Gentiles, although he continued to yearn over his own people and speak first to them upon entering a city. He told his story to all men that he might help to bring the world nearer to the universal understanding of Truth.

Paul represents the experiences of Truth in the fallible human consciousness. Each age imposes its bonds on those who would surmount obstacles and conquer their limitations. The limitations of Paul's day are unknown to ours, but our limitations are forbidding enough to test the stoutest hearts. The journey that Paul took from Caesarea to Rome took several months. Regardless of weather conditions, we could make it today in a day or two in comparative safety. Our severest limitation is that of the spirit, for we have not yet learned to minimize our differences and to magnify our common understanding.

Unlimited power is in the mental realm, unlimited opportunity ahead of us; but until we can use the power or seize the opportunity, we must learn the spiritual laws that control both and work according to those laws. Instead of intrusting our safety to the laws of material force we must learn to work to-

gether in universal harmony for the good of all. We must follow the lead of our best thinkers, and not make the establishing of world peace and good will contingent on the transformation of each person into individual likenesses of the Christ, countless millennia would be required to complete universal transformation from sense to Spirit by the individual pattern.

Whereas each person wishes to think for himself and so develop his mental powers, each person also finds stimulus in the interchange of ideas with others and in the interaction of thought with thought. In this interaction certain persons excel, because their understanding is quickened to a higher degree than that of others. These are the natural leaders and seers whose light should be sought and followed. Instead of political demagogues we wish spiritual thinkers and leaders in human relations; men and women who have thought through our common problems and who can offer solutions to such an impasse as that in which the world stands today.

If the voices of spiritual leaders had been heard and heeded a year ago, we should be further today along the road to world peace and stability, if indeed we had not already established these conditions as permanent states. "Having done all, to stand. Stand, therefore." We need such calls today, and we need to heed them without reservation. Selfishness and class self-seeking can and will destroy the gains for which thousands laid down life itself.

"The things concerning the Lord Jesus Christ" can be taught today with all boldness, but to some they no longer appeal as supremely important, and

they are disregarded with apparent impunity. But the appearance is deceptive, for the Christ consciousness is for the world as surely as the world is for Christ. As the two are combined in one work of supreme importance we shall have peace, security, and true progress.

QUESTIONS

1. Must we share our understanding by either word or act before we can find true satisfaction in life?
2. What phase of Truth does Paul represent?
3. What are our heaviest limitations?
4. How should we approach the unlimited powers and opportunities that confront us at the present time?
5. In the transformation of the person to the individual what is the importance of spiritual leadership?
6. How may peace, security, and true progress be realized?

Christmas Song

Sweet voices light this holy night,
Do worshipfully sing,
While altars bright with candlelight
Are tribute to our King.

May each soul with joy be full,
Each heart with beauty ring,
And lives unfold with love untold
In tribute to our King.

—DOROTHY SPAHR QUISENBERRY

Silent UNITY

The new light in Christ guides and directs me in all my ways.

The Society of Silent Unity, founded more than fifty years ago, is the healing department of Unity School, ministering without seeing them, to those who need help.

Our purpose is to aid through prayer all persons who, having faith in the power of God, ask for help.

Our temporal needs are met by the freewill offerings of those to whom we minister. "Give, and it shall be given unto you; good measure, pressed down, shaken together, running over."

Our Silent Unity group numbers some hundred consecrated workers who are devoting their lives to God's work for humanity. They are proving daily that physical, financial, mental, and spiritual difficulties can be overcome by righteous prayer. Even though everything else may have failed, we shall pray *with* you, for we have faith that "with God all things are possible."

We pray *with* you and also instruct you how to pray to the Father in secret in order that you may help yourself. Silent Unity is praying always, and your co-operation in prayer is of mutual benefit. Do not hesitate to write to us for help because your problem is personal. All correspondence is confidential.

Address your request to Society of Silent Unity, 917 Tracy, Kansas City 6, Mo. Cable address: Unity, Kansas City.

Prayers ANSWERED.....

These testimonials come from persons who have been healed by the power of Spirit. Those who wish to gain inspiration from someone whom God has healed may write, in care of the Unity School Editorial Department, to givers of these testimonials. Each letter must be unsealed and give the initials and address of the person to whom it is to be forwarded; also the name and date of the periodicals in which the testimonial appeared.

I Will Come and Heal

SOME WEEKS ago I wrote to you and asked for prayers about my arthritis and high blood pressure. Both have ceased. When the noise in my ears stopped it woke me up. I was scared. I thought my heart had stopped. I felt my pulse, then said, "I am healed." My high blood pressure has gone down. That terrible pulsation of throbbing in my ears is gone. I thank God for my healing.—*L. M. M., Indiana.*

RECENTLY I wrote you a letter ordering a prosperity bank. Just before I sealed it the mailman came in and I had a letter from my sister telling me her husband's nephew's little five-year-old boy had polio. They had two doctor's and a specialist. I asked you at the very bottom of the letter to put his name on the prayer list. His aunt stopped in the office; I told her, and we both put him on our prayer list with you. She is also a Unity student and a good one. The doctors said he could stay at home unless he became paralyzed, and then he would have to be taken to the hospital.

It is with great love and appreciation that I write, before the bank is due, to tell you that he is fully recovered. He did not have to go to the hospital, and it was hard to keep him in bed as long as seemed necessary. He is fully healed. I feel it is only right when results are so good to write you ahead of time and tell you.—*P. H., Illinois.*

Filled with Plenty

I HAVE been most unhappy in my work for some time. About two or three weeks ago, in addition to using the affirmation you sent me with the last prosperity bank ("God is in charge of all my affairs, and abundant good is manifest for me daily") I was reading *Both Riches and Honor* and came across this affirmation: "I am now in my true position. I am now in my right work." Since that time I have been using both affirmations.

Last Saturday morning the way to a new position was opened up as if by magic. I had the morning off and was downtown. I went to an employment agency (where I had never been before but had thought of going), was sent out on an interview, and was accepted. It is just made to order, and I think I am going to be very happy in the new place. Working with God is the most wonderful thing in the world. He does indeed lead us beside the still waters to peace and contentment.—*C. E. W., New York.*

He Shall Have Abundance

I HAVE used the prayer bank every day. I have been

grateful for having it in my life. I feel that I have been greatly helped when I needed help very much. I return thanks to Silent Unity every day, for through it I am learning practical Truth.

I feel very sure that unity of prayer will make things right for me at my job. I have been so very much helped in the four months since I wrote to you. The teaching of Silent Unity taught me to put my own house in order. In doing so I found peace of mind and poise that has made it possible for me to meet daily situations quickly, thus giving God a clear mind and heart totally void of fear. My favorite prayer many times a day is: "Relax. Be still, and know that I am God."—*K. H., Illinois.*

My Help Cometh from Jehovah

I HAVE the book *Lessons in Truth* and observe the study period with you each time you use it. I have several more of your books, and they all help me to an extent impossible to put into words.—*R. C., Ohio.*

AGAIN I am writing to explain my grateful thanks to the dear friends in America for their loving gifts of magazines. It is indeed most generous, and I want to tell you how much the magazines are appreciated and the wonderful help and uplift the different messages have given me personally during a time of great testing.—*H. T. S., England.*

He Is My Refuge

I HAVE had such a wonderful revelation of God's goodness. Thanks for your prayers and blessings.

I was united in marriage on June 21 to a very fine man. We came West on a trip, and while here my husband was offered a position as general office manager, auditor, and accountant by a food bank at a much larger salary than he formerly drew.

He accepted, and the first place we inquired about an apartment God had it waiting for us; two rooms with bath. We fell in each others arms and thanked God, as everyone said we wouldn't be able to secure one.

I sold my business in Missouri to a very fine girl whom I had introduced to Unity.—*E. P., California.*

****

Unto Us a Child

LAST year I wrote to you requesting a set of your maternity lessons. I am happy to report that they were a priceless help to me. I followed my doctor's advice faithfully and put my whole trust in God, using Unity as the daily guide for my meditations. I am now the happy mother of a healthy, normal ten-weeks-old baby girl.

Toward the end my doctor said I had got along much better than he had expected for a person at the age of forty-one. I went through the entire period with more ease than some younger women; and this is my first baby.

I shall continue to use Unity as my spiritual guide in rearing my baby, and I know that her spiritual and physical development will be a happy and gratifying experience for the baby, my husband, and myself. —*O. S. R., Missouri.*

His Truth Is a Shield

THROUGH the loving prayers of Silent Unity and my own daily prayers of gratitude to God for His love for His children, my dear son was saved by God's love and protection.

My young son has been learning to fly, and yesterday he went on a solo flight. The ship crashed, was completely demolished, and he crawled from the wreckage with a small scratch on his nose. Not even the glasses he was wearing were broken. All I could say when he came home and told me was "Thank You, Father," which I repeated over and over again. God bless your society of faithful workers.—*M. W., California.*

IN ALL ways do I see the Father's loving care of us. I am very thankful to you for your prayers and teachings. With the use of each bank I grow stronger in my faith, and all things seem to work together for good.—*E. C., California.*

Father, I Thank Thee

I WANT to thank you for the nice letter I received from you a short time ago, and the *Morning Prayer.* I cannot tell you what wonderful help we get from your books and papers. I am not very good at expressing my thoughts and feelings, but much of the time I just feel that I am bubbling over with joy and happiness.

Years ago I used to feel that it was almost wrong to have those feelings. Now as I study and read the Unity books and papers I just cannot help it! God is so good.—*Mrs. R. G. T., New Jersey.*

HELP *from Silent* UNITY

These are extracts from letters that Silent Unity has written to those who have asked our help in finding and obeying the divine law of life.

Twenty-six years ago my eldest daughter married a young man who proved to be a great disappointment. He has never provided for her or her children and has squandered what money we have given for that purpose. I find that the years of accumulated resentment at my daughter's neglect, hunger, and mistreatment have filled me so full of poison that I am asking you to help me free myself of this burden.—*From a letter received by Silent Unity.*

It is reassuring to know that the love of God, the most powerful, harmonizing, healing force in the universe, is always with us, always ready to harmonize any condition in our life that is not in keeping with His law of love. In this assurance we are praying with you.

It is not easy to see our dear ones having experiences that we feel are unnecessary and that seem to keep them from having the fullness of life, joy, and abundance that we know is their divine birthright. But each heart to a great extent must find its own happiness in its own way and in its own time. Each soul draws unto itself the experiences that help it grow and develop into the true Christ nature. We cannot know what is in another's heart, and perhaps your daughter, while she endured physical hard-

ships and privation, developed abilities within herself and helped her husband in his soul unfoldment. Although he seemingly has not made his demonstration in expressing the Christ, we know that the Christ Spirit is in him, as it is in all of God's children, and in his own way he is seeking happiness and soul satisfaction.

In recognizing your feeling of resentment and unforgiveness toward your son-in-law you have met your problem halfway. It is not often that we are permitted to see and know all the influences that have shaped another's character, but if we could it would help us to be more tolerant and more understanding of their seeming shortcomings. This little poem of Ella Wheeler Wilcox's expresses this idea so well that we feel it will be a blessing to you:

If I could only see the road you came,
With all the jagged rocks and crooked ways,
I might more kindly think of your missteps,
And only praise!

If I could know the heartaches you have felt,
The longing for the things that never came,
I would not misconstrue your erring then,
Nor even blame!

Whenever you have an unforgiving thought about your daughter's husband, try to release it. Try to let go of all the unhappy memories that you are holding onto, and free him in God to seek his goal of Christ perfection. Bless him in his ongoing and try to replace each thought of resentment and enmity with one of understanding, and forgiveness.

We are praying with you that you may have peace of mind and that your heart may be filled with the forgiving love of Jesus Christ. Do not dwell on the past but rejoice in the blessings of the present. Evidently your daughter loved her husband or she would not have endured the trials that she went through with him. You can be a blessing to her now and can help her find peace and happiness through forgiveness and tolerance and by affirming for her the well-being and happiness you so much desire for her.

The love of God is with you, is blessing you with peace and harmony and love. We know that in your sincere desire to express His love and forgiving spirit, you are turning to the Spirit of God within you, the never-ending source of light and love and peace.

****

Our ten-year-old daughter is suffering from extreme nervousness, which causes her at times to stutter badly. She seems jealous of her little sister and brother. She has temper tantrums when she gets nervous, but when she is herself she has a very lovable disposition.—*From a letter received by Silent Unity.*

We are praying with you for your daughter and for guidance for you in helping her. Being a mother affords you a twofold blessing, shaping the character and personality of your children, and perfecting your own character by the development of the spiritual qualities within you.

When we consider how that a child comes into the world wholly inexperienced and untrained for

coping with the problems of life, it is not unusual for him to have adjustments to make. Each child is an individual and needs individual help in learning how to get along and to adjust himself to other people and to live a happy, healthy, well-balanced life. Your daughter has the spirit within her that can bring forth qualities she needs in order to become a happy, harmonious expression of the Christ within her. Through your faith in her inherent powers and by your patience and loving prayer, you can help her bring forth the qualities you wish to see manifested in her.

It is not at all unusual for the older child in a family to feel that it does not receive the love and attention that the younger ones do. Because a mother must of necessity do many things for the younger ones that the older child can do for himself, it is advisable for the parents to pay some special attention to the older child, to give him responsibilities in helping with the younger ones, to make him feel that he is a very vital and necessary part of the family circle. We know that in your sincere desire to help your daughter and in your love for all your children you will be divinely guided to make any adjustments that need to be made in order to establish harmony and order in your family.

When you pray for your daughter, keep your mind calm and clear and open to the divine power. Children are so responsive to thoughts of love and confidence that they will feel your blessing even when it is spoken to them silently.

"Thou wilt keep *him* in perfect peace, *whose* mind is stayed *on thee;* because he trusteth in thee."

UNITY CENTERS

The following Unity leaders are conducting a ministry in keeping with the Christ teachings as interpreted by Unity School.

ALABAMA

Birmingham—Harriet Price, 406 N 22

ARKANSAS

Little Rock—Mary Wayman, 117 E 15

ARIZONA

Globe—Sarah Lightle, 117 E Oak

CALIFORNIA

Alhambra—Gertrude Hall, 204 S 2
Bakersfield—Della Shutts, 320 Brower bldg
Berkeley—Susanna Scott, 2401 Dwight
Beverly Hills—Ruth Rae, American Legion temple
Burbank—Harriett Sunday, 152 E Palm
Canoga Park—Nannie Highnote, 6737 De Soto
Compton—May Butterworth, 115 N Chester
Fresno—Alice Stokes, 171 Blackstone
Glendale—Geraldine Johnson, 119 S Kenwood; Mary Adams, 724 South
Hollywood—Rose Schneider, 1162 N St Andrews
Hermosa—May Butterworth, 77 17th
Inglewood—Maude Galpin, 226 E Spruce
Long Beach—Louise Newman, 935 E Broadway
Los Angeles—Ernest C. Wilson, Norma Knight Jones, 635 S Manhattan Pl; Nina Fisher, 3010 Palm Grove; Emma Luke, 2120 E Union; Alfred Williams, 815 S Hill; Dollee Phillips, 2215 7th Ave
La Crescenta—Dollee Phillips, 4004 La Crescenta
Monrovia—Irene Malloy, Monrovia Woman's Club
North Hollywood—Herbert J. Schneider, 4513 Laurel Grove
N Long Beach—May Butterworth, 42 E Market
Napa—Helen Wade, Churchill manor
Oakland—Alma Morse, 1433 Madison
Pasadena—William Stack, 60 N Mich
Pomona—Max Flickinger, 249 W Monterey
Riverside—Katharine Sweaney, 3614 Ninth
San Diego—Marie Fleming, 1944 30th
Sacramento—Naomi Anderson, IOOF hall
San Bernardino—Dr & Mrs H P Nicholls, 763 D St
San Francisco—Robert Hulbert, 126 Post
Santa Cruz—Alice Hopkins, 151 Garfield
San Leandro—Barbara Lyon, 561 Lafayette
Santa Monica—Sue Sikking, Pacific bldg
Santa Rosa—Helen Wade, 426 Mendocino
South Gate—Edna Drebert, 2653 Santa Ana
Taft—Della Shutts, 132 Bakersfield
Vallejo—Helen Wade, Vallejo Women's club
Van Nuys—Mary Hider, 14416 Victory
Whittier—Louise Newman, 410 S Greenleaf

COLORADO

Denver—Mabel Beech, 1555 Race
Pueblo—Edith Wilshire, YWCA

CONNECTICUT

Bridgeport—Helene Kersten, 610 Fairfield
Hartford—Harriet Gilbert, 926 Main
New Haven—Bonnie Adams, Hotel Taft

DISTRICT OF COLUMBIA

Washington—Margaret & E Roy Feldt, New Colonial hotel

FLORIDA

Clearwater—Louise Beaty, West Coast hotel
Daytona Beach—Mary D Huck, 128 Broadway
Jacksonville—Rose Emery, Elizabeth Sand Turner, 220 E Monroe
Miami—May Stoiber, 128 SE 3
Orlando—Carolyn Parsons, 503 S Orange
St Petersburg—Louise Beaty, 646 5 ave S
Tampa—Ruby Wagner, Louise Ramey, 413 Grand Central
West Palm Beach—Fannye Treaster, 215 S Olive

GEORGIA

Atlanta—Kathryn Boyce, 160 Peachtree N W

HAWAII

Honolulu—Marie Handly, 240 Lewers rd

IDAHO

Boise—Christopher Scott, Pinney bldg

ILLINOIS

E St Louis—Florence Schaefer, Broadview hotel
Chicago—W I & Anna Hoschouer, 306 S Wabash; Nellie McCollum, 64 W Randolph; Edith Reynolds, 116 S Michigan; Janet Beaudry, 410 S Michigan; Margaret Halsey (col) 104 E 51; Henrietta Gordon (col) 4307 S Michigan
Decatur—Maud Kellogg, 317 W Decatur
Peoria—Mabel Daughtry, 305 S Bourland
Rockford—Bonnie Brown, Empire bldg
Springfield—Eva Conover, 709 S 7th

INDIANA

Ft Wayne—Cleo Lee, 220 E Jefferson
Huntington—Cleo Lee, public library
Indianapolis—Dale & Donna Newsum, Claypool hotel; Frederick Andrews, 8 E Market
Kokomo—Lydia Simpson, 314 W Walnut

IOWA

Cedar Rapids—Unity, 1015 2 Ave SE
Des Moines—Betty Stitt, 42 & Rollins

Sioux City—Elizabeth McClaughry, Insurance Exchange Bldg
Waterloo—Irene Duncan, 324½ E Fourth

KANSAS

Hutchinson—Nona Kerfoot, 316 W 15th
Topeka—Harriet Pfouts, Jayhawk hotel
Wichita—Carl & Lois Moran, 3241 Victor

KENTUCKY

Covington—Clara Conway (col) 114 W 11th
Louisville—Maebel Carrell, Cecilia Cardwell, Theresa Rehm, 1322 S 4; Ruth Cox (col) Pythian temple

LOUISIANA

New Orleans—Elois Echlin, 222 Balter bldg; Lillian White, 604 Canal

MAINE

Portland—Unity, 562 Congress

MARYLAND

Baltimore—E Roy Feldt, Emerson hotel

MASSACHUSETTS

Boston—John Baughman, 30 Huntington
Cambridge—Edna Titus, 881 Massachusetts
Worcester—John Baughman, Academy bldg

MICHIGAN

Ann Arbor—Marie Munro, 310 S State St
Bay City—Roxie Miller, YWCA
Birmingham—Virginia Shipley, 148 S Woodward, Rm 215
Detroit—Herbert Hunt, Maccabees bldg; Otto Fishburn, 4221 Eastlawn; Virginia Shipley, 410 Capitol Theater bldg; James Elliott (col) 8637 Oakland
E Lansing—Roxie Miller, 224 Abbott
Flint—Edmund Risk, 1019 Detroit
Grand Rapids—Ida Bailey, 63 Jefferson
Kalamazoo—Amy Moffett, 209 W Dutton
Lansing—Harvey and Ida Best, Olds hotel
Pontiac—Walfred Taurainen, 72½ N Saginaw
Royal Oak—Maud McCulloch, 101 S Troy
Saginaw—Edmund Risk, Bancroft hotel

MINNESOTA

Minneapolis—Lila Ranney, 2300 Hennepin
St Paul—Nellie Hohenwald, New York bldg

MISSOURI

Jefferson City—Amanda Clibourn, 319 Ash
Kansas City—Louis E & Ethel Meyer, 913 Tracy; Ida Palmer, Jewell bldg
Lee's Summit—Nettie Wyatt, Unity Farm
Lemay—Julia McKee, 284 Lemay
Springfield—Unity, 224 W State
St Joseph—Osla Jones, 12 and Felix
St Louis—Elsie Abbott, 119 N 7; Hilda Elders, 3616 Bates; Florence Brummer, 4621 S Kingshighway

MONTANA

Billings—Mary Wessel, Northern hotel
Bozeman—Mary Wessel, Baxter hotel
Butte—Mary Wessel, YMCA
Great Falls—Unity, Columbia bldg
Livingston—Mary Wessel, Elks hall
Missoula—Maidie Van Etten, 200 E Pine

NEBRASKA

Lincoln—Blanche Evans, Peterson bldg
Omaha—C N & Hallie Broadhurst YWCA bldg

NEVADA

Reno—Robt & Fay Caswell, 847 University

NEW JERSEY

Montclair—Gladys Stevenson, 11 S Fullerton
Newark—Edith Berry, Berwick hotel
Plainfield—Helen Zagat, Babcock bldg

NEW MEXICO

Albuquerque—Mina Stevenson, 1219 W Tijeras

NEW YORK

Albany—Marian Hoagland, YWCA
Binghamton—Unity, Arlington hotel
Brooklyn—Ella Pomeroy, 3 Albee sq
Buffalo—Lillian Matthews, 271 Delaware
Flushing—Adele Woodruff, 135-42 40 rd
Forest Hills—Adele Woodruff, Forest Hills Inn
Ithaca—Unity, 113 S Cayuga
Jamestown—Lillian Matthews, YWCA
New Rochelle—Ethel Nickelsen, Huguenot YMCA
New York—Georgiana West, 1 W 47; Crichton Boatwright, 500 5 ave; Josephine Siemon, 400 E 59; Stella Wrenn, 853 7th ave; Courtenay Johnson (col) 2523 7th ave; Nanna Sutton (col) 137 W 110
Rochester—Elise Rosenburg, Seneca hotel
Roslyn Heights—Adele Woodruff, 58 Mineola
Syracuse—Mae Lundahl, 110 Onondaga
Troy—Marian Hoagland, 27 4th
White Plains—Ocoa Moore, 123 Court

OHIO

Akron—Jessie Maloney, 34 S High
Alliance—Unity, 242 E Main
Canton—Octavie Martial, 203 6th NW
Cincinnati—Effie Smith, Erna E. Wissman, 3047 Madison
Cleveland—Earl & Martha Anthony, Hotel Cleveland
Columbus—William & Polly Quinn, 50 W 5 Ave
Dayton—Ethel Crouch, Canby bldg
Hamilton—Louise Tahse, 117 Ross
Marietta—Orilla Werner, 424 Front
Marion—Mercedes Fossler, YWCA
Springfield—Nora Elliott, 109 E Main
Toledo—Wallace Tooke, 1623 Broadway
Warren—Everett St John, 2d Natl Bank bldg
Youngstown—Everett St John, Home Sav & Loan bldg

OKLAHOMA

Tulsa—Grace Kehrer, 714 S Boston
Oklahoma City—Alice & Schuyler Cronley, Midwest bldg

OREGON

Eugene—Cleoda Dawson, 1569 Oak
Portland—Marion Lance, 811 NW 20

PENNSYLVANIA

Philadelphia—Margaret Feldt, St James hotel

Pittsburgh—Ruth Gilpin, 233 Oliver

TENNESSEE

Memphis—Omer Hodgman, Hotel Chisca

Nashville—Susan Smartt, 1816 Broad

TEXAS

Amarillo—Eugenia Lane, Blackburn bldg

Dallas—Ruth Gillespie, 2030 Commerce

El Paso—Mabel Peck, Gardner hotel

Fort Worth—Ruth Gillespie, Texas hotel

Houston—Lillian Brass, Milam bldg; Corine Smith (col) 1302 Schwartz

San Antonio—Mary Myles, Maverick bldg

WASHINGTON

Bremerton—Marion Brown, 925 Park

Kennewick—Beulah Scott, Arrow Grill

Seattle—Myron & Estelle Key, Arcade bldg

Wenatchee—Beulah Scott, Columbia hotel

Yakima—Beulah Scott, 109 S 4

WEST VIRGINIA

Charleston—Daisy Daggett, Daniel Boone hotel

Huntington—Daisy Daggett, Lewis Arcade, Rooms 507-09

WISCONSIN

Beloit—Bonnie Brown, 1347 White

Racine—Lu Verna Bauer, 423 S Main

Milwaukee—Elmer Gifford, 208 E Wisconsin

CANADA

Calgary—Unity, 221A 8th ave W

Edmonton—Unity, Birks bldg

London—Unity, 432 Clarence

Regina—Unity, Thompson blk

Toronto—Donald O'Connor, 17 Queen

Winnipeg—Edna Bowyer, Russell Kemp, Belgica blk

ENGLAND

London—Parker Drake, Ruth Hacking, 6 Stanhope Terrace, Bayswater Rd London, W 2

High Wycombe—Dora Johnson, Longcroft, Studley Green

Easington Village—Thomas W Merrington 11 Sea View, Co, Durham

Sunderland—Thomas W Merrington, 18 Waterloo Pl Co Durham

The Purpose of Unity

Unity School of Christianity is a religious-educational institution teaching the use of the Jesus Christ doctrine in everyday life, and is not a church. However in disseminating the teachings of Unity, based upon the Bible and especially upon the teachings of Jesus Christ, teachers have formed independent organizations for study and worship, and these organizations have evolved into groups called centers, societies, assemblies, and churches. These groups are a part of the Unity fellowship and work in close cooperation with the Unity School of Christianity, but Unity is not a denomination nor a sect. Those who study the Unity church are free to keep their affiliation with any church they desire.

The Unity teachings explain the action of mind, the connecting link between God and man. They explain how the mind affects the body, how it brings man into an understanding of divine law.

Accept what, in the Unity teachings, appears to you to be Truth, and withhold judgment on the remainder until you understand it better.

Effectual Prayer

By Frances W. Foulks

"All prayers are answered by the Father," declares Frances W. Foulks in her book *Effectual Prayer.* Miss Foulks explains that we can depend upon this Truth because God is ever seeking to push forth into the manifest world and "we are the only means He has of coming into visible expression; and if each of us abandoned himself fully to His will, the world would be again a Garden of Eden where man could walk and talk with God in sweet communion."

Miss Foulks has a high vision of absolute Truth, yet recognizes the need of many persons for simple directions in living and praying effectually. Especially helpful to persons who feel the need of spiritual help for some immediate pressing negative condition in the body are her affirmations for one hundred ills, such as bronchitis, colds, deafness, and nervousness.

Miss Foulk's well-known prayer treatment for relaxation is included in this book, as are also many beautiful and inspiring meditations on subjects dear to the heart of one seeking spiritual guidance and growth.

(*Effectual Prayer* is available in a handsome black fabrikoid edition at $1 a copy.)

Appearing in Other Unity Magazines This Month

A Christmas without Presents?

Could there be a Christmas without presents? Dorry and Richie wondered. Here they were in a country of ice and snow with all the highways closed for the winter, thus eliminating all shopping trips. But they felt better, even became excited, when Mother told them they could still celebrate Christmas. Celebrating meant a party and a party meant issuing invitations to less fortunate neighbor children. For a while it seemed that Dorry and Richie would have all the fun before the party, for they were so happy making cookies, popping corn, and repairing dolls and toys. How they managed to have a happy Christmas with hardly any presents is told by Elizabeth B. Whitmore in her *Wee Wisdom* story "Happiest Christmas Ever."

Christmas Is for Everyone

"Christmas is such a special time of the year. Its celebration commemorates the birthday of perhaps the only person who ever knew peace and order and joy in their fullest sense. Surely there is a way to take part in the many phases of this celebration so that it will be a season of inspiration and renewal rather than one that leaves us strained and fatigued," writes Lucille Trapp in her *Daily Word* article "Christmas Is for Everyone." Mrs. Trapp believes that especially during strenuous shopping trips we should express freely the love and joy and patience and order of the Christ spirit and make Christmas a blessing not only to ourselves but to others.

Hilde Returns to Progress

In 1939 Hilde, a lovable Truth student (fictional) with a Swedish accent and background, made her first appearance in *Progress*. This month she returns to *Progress* in the first story of the five that comprise a new Hilde series. The title of the first story is "The Days Were Accomplished" and tells how Hilde brings happiness to her husband and friends at Christmas time by being a true friend to those in need. The Hilde stories are written by Beatrice Swanson Chesebrough.

Christmas Knows No Season

"Santa Claus always made you wait a year to give you anything at all, and Jesus will give you anything you want every day," said a little girl as she gaily explained why she had no regret at finding Santa Claus only a myth. This is just one illustration used by H. Lee Jones in his *Good Business* article "The Gift Imperishable," to show why the spirit of Christmas should not be thought of as a single day of giving but as a spirit for the enrichment of everyday living.

Seeking Spiritual Truth

"A silent room, a still countryside, a noiseless garden seem to be the best and most desirable schoolrooms for students seeking spiritual truth. It has been said that Paderewski, the world-famous pianist, desired a period of complete silence before each of his concerts," writes Julia Winthrop in her article in the December 1 issue of *Weekly Unity*. Her article, which is entitled "Seeker and Master," is an inspiring discussion of the practice of seeking Truth and of the results.

UNITY BOOKS AND BOOKLETS

For Beginners	Beginning Again — standard only	$1.00
	God a Present Help — de luxe $2; standard	1.00
	God Is the Answer — standard only	1.00
	How I Used Truth — standard only	1.00
	Lessons in Truth — standard only	1.00
	Lessons in Truth — *Russian, Spanish*	1.00
	Letters of Myrtle Fillmore — de luxe $2; standard	1.00
	Lovingly in the Hands of the Father — standard only	1.00
	Master Class Lessons — de luxe only	2.00
	New Ways to Solve Old Problems — de luxe $2; standard	1.00
	Six-Day Healing Practice, A — *Spanish* $.10; *English*	.25
	Great Physician, The — standard only	1.00
	Mental Equivalent, The — *German* $.10; *Russian*	.10
	Whatsoever Ye Shall Ask — de luxe $2; standard	1.00
For Healing	Christian Healing — de luxe $2; standard	1.00
	Divine Remedies	.50
	Jesus Christ Heals — de luxe $2; standard	1.00
	Truth Ideas of an M. D. — standard only	1.00
	You Can Be Healed — de luxe $2; standard	1.00
For the Home	Meatless Meals — cloth	1.50
	You and Your Child — de luxe $2; standard	1.00
For Prosperity	As You Tithe so You Prosper	.50
	Both Riches and Honor — standard only	1.00
	Prosperity — de luxe $2; standard	1.00
	Prosperity's Ten Commandments — standard only	1.00
	Working with God — standard only	1.00
For Inspiration	Best-Loved Unity Poems — standard only	1.00
	Finding the Christ *Russian, German, Swedish* $.10 *English*	.25
	Have We Lived Before? — de luxe $2; standard	1.00
	Mightier than Circumstance — standard only	1.00
	Sunlit Way, The — standard only	1.00
	Unity's Fifty Golden Years — paper	1.00
For Devotion	Bible, American Standard Edition	5.00
	Book of Silent Prayer	.50
	Contemplation of Christ, The	.50
	Effectual Prayer — standard only	1.00
	Silence, The	.50
	Unity Song Selections — cloth	1.00
For Advanced Study	Christ Enthroned in Man — de luxe $2; standard	1.00
	Know Thyself — de luxe $2; standard	1.00
	Metaphysical Bible Dictionary	5.00
	Mysteries of Genesis — de luxe $2; standard	1.00
	Mysteries of John — standard only	1.00
	Talks on Truth — standard only	1.00
	Teach Us to Pray — de luxe $2; standard	1.00
	Twelve Powers of Man, The — standard	1.00
	What Are You? — de luxe $2; standard	1.00

Greeting Booklets

Are You Getting All You Want from Life?	.10	Holy Bread — .10
Breath of Immortality	.10	Land Is Bright, The — .10
Challenge of the Dawn, The	.10	Life Is Consciousness — .10
Christmas Spirit, The	.10	Mental Equivalent, The — .10
Daily Resurrection	.10	Prayer of Prayers — .10
First Things First	.10	Protecting Presence, The — .10
Gifts for the Christ	.10	Recipes for Living — .10
Great Helper, The — *French, English*	.10	Song of Life, The — .10
God Is Blessing You Now	.10	Way of Faith, The — .10
He Passed This Way	.10	Where Blessings Begin — .10
		White as Cotton — .10

(12 copies of these booklets for $1. Envelopes included)

For Children	Jet's Adventures	1.00
	Jet and the New Country	1.00

NEWS from UNITY

The Christmas Consciousness

When the Wise Men were led by the star in the east to Mary and her newborn son Jesus, "they fell down and worshipped him; and opening their treasures they offered unto him gifts." By their visit and by their gifts they accepted and welcomed the babe who was to become the Way-Shower to mankind. Being wise, these men knew that the Christ child had come bearing *them* a gift —not a worldly gift, but a divine gift, His Christ self. Those who recognized this Christ self that first Christmas day in Judea had the Christmas consciousness, forerunner of the abiding Christ consciousness.

The Christmas consciousness hallows God's children. Any man who has once heard the Christmas story somehow pauses at Christmas time in acceptance of his holiness.

Even one living in seeming bonds of lawlessness and error is clothed some time during Christmas Day in the princely mantle of awareness of his own divinity.

Great illumined souls in increasing numbers wear the mantle of divine awareness longer than Christmas Day, longer than a month or a year. In them the Christmas consciousness merges into and becomes the abiding Christ consciousness; they know who they are continuously. They know themselves to be true sons of God with power and dominion.

Friends of Unity, through your giving of Unity books and magazines at Christmas time you have helped thousands of persons understand and establish themselves in the abiding Christ consciousness. Unity blesses you for your co-operation in spread- the good news of Truth.

"Seek Ye First His Kingdom"

"But seek ye first his kingdom, and his righteousness; and all these things shall be added unto you." Zelia M. Walters quotes these words of Jesus and says it would clear life for the individual, for the race, if we would

come to accept this truth. Seeking the kingdom is the all-important quest of the awakened soul. Because Mrs. Walters believes that many persons feel these words are vague, she has outlined in an article to appear in the January issue of *Unity* some tangible steps that a Truth student, even a beginner, can take to bring the kingdom into his own life. Her article is entitled "The Continuing Quest."

The world is not material but spiritual. Man is not material but spiritual. Life is not material but spiritual. This is the most important discovery of the age. —*Ernest C. Wilson; The Sunlit Way.*

A More Harmonious Life

A Prosperity Bank user writes: "A few months ago I asked for a Prosperity Bank and for prayers for a more harmonious life for myself and family. I have finished my Bank drill and have realized the fulfillment of my desires. When I wrote to you for the Bank things seemed very dreary and hopeless, but now that I have renewed my faith in God and know that I am a child of God, I have a life of peace and happiness."

Wee Wisdom *Goes to India*

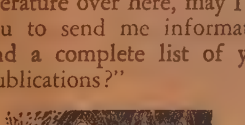
From a friend stationed in India comes this comment on the reception given *Wee Wisdom* by a native Indian child:

"About twice a month when the foreign mail comes, Mira, my little adopted Indian girl, comes running to me and asks, 'Has my *Wee Wisdom* come?' That paper has given her more pleasure than anything she has, so do please keep it coming. It takes so long to

get a reply after your notice of expiration that I am sending American money now for extending her subscription. We do not want to miss a single copy of either *Wee Wisdom* or *Progress*."

Finds Unity Book in Chinese Book Store

A businessman in China relates how he learned about the Unity teaching: "Going through a second-hand bookstore the other day, I found *New Ways to Solve Old Problems*, by Lowell Fillmore, and published by Unity School of Christianity. Being very much interested and as I cannot find more information about your literature over here, may I ask you to send me information and a complete list of your publications?"

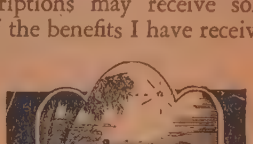


Enjoys Progress

"I have been receiving *Progress* for the past few months, and I want to tell you how much I enjoy it. It has given me renewed faith and self-confidence and a better understanding." (Missouri.)

Gift Subscriptions Welcomed

"Several months ago my wife subscribed for *Good Business* for me. It has brought me great comfort and upliftment. Now it is my desire that the friends for whom I am ordering gift subscriptions may receive some of the benefits I have received



from reading its contents." (New Hampshire.)

"Because my sister and I enjoy our *Wee Wisdom* magazine very much, I am ordering *Wee Wisdom* subscriptions as Christmas presents for two of our friends." (New York.)

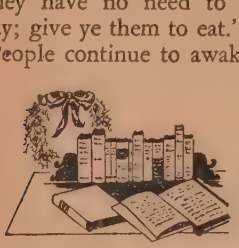
"I want to thank you for the many blessings I have received through the Unity teachings. It was a gift subscription for *Unity* magazine and a certain article on tithing that led me to tithe." (Indiana.)

"The friends to whom I sent *Daily Word* as a Christmas gift last year enjoyed it so much that I want to renew their subscriptions for another year." (Wisconsin.)

"Give Ye Them to Eat"

Jesus, when reminded of the hunger of the multitudes who listened to Him on the seashore and later followed Him to the desert, answered, "They have no need to go away; give ye them to eat."

People continue to awaken



to a great hunger, a hunger that can be satisfied only by the Spirit of truth. Very early in the Unity work it was noted that sometimes persons hungering for Truth felt unable to afford the price of a Unity book or subscription. Charles and Myrtle Fillmore thereupon declared that no one who desired Unity literature should be turned away. As a result thousands have benefited from free literature sent out by Unity School.

Today Unity continues to send literature free to all who express the desire to receive it yet feel unable to pay for it. Unity students like to join Unity in the work of spreading Truth to others; the help they have found in Unity literature they like to make available to their fellow men by sending their tithes and love offerings for this purpose. This desire to help Unity provide literature for others has created and established the Good Neighbor Fund, which not only provides books and magazines for many individuals here at home but also much of Unity's foreign literature sent to individuals (including *El Sembrador,* Unity's Spanish magazine).

"Give ye them to eat," commanded Jesus. Unity's Good Neighbor Fund gives assurance that all who hunger for Truth will be fed. "They have no need to go away."

Every Day a Joyous One

A friend in California makes the following comment

on "The Unity Viewpoint," Unity's radio program: "For a long time I have listened each morning to your uplifting radio messages. Listening to your program has completely changed my whole life."

Give Unity Books for Christmas

UNITY'S NEWEST BOOKS

BEST-LOVED UNITY POEMS. 180 Truth poems selected for their beauty and power to comfort, teach, and bless. Any friend is certain to be pleased with this handsome volume as a gift from you.

PROSPERITY'S TEN COMMANDMENTS, by Georgiana Tree West. In this book the author adapts the teaching of the Ten Commandments to the subject of prosperity and presents ten simple, direct lessons that help stimulate the reader to seek his God-given heritage.

JET AND THE NEW COUNTRY. Bula Hahn's sequel to her book JET'S ADVENTURES. A thrilling story of how Jet Stockwell and his sister helped their parents establish a home in the West of a century ago.

TIME-PROVED FAVORITES

EFFECTUAL PRAYER. Frances W. Foulks explains in a clear, soul-stirring manner her methods and attitudes in true prayer and gives a number of beautiful and effective meditations.

GOD IS THE ANSWER. Dana Gatlin explains that by lifting our mind to think God's thoughts after Him we can remove sickness, poverty, and fear from our life and become free to develop our God-given talents.

THE SUNLIT WAY, by Ernest C. Wilson. A book that presents ideas of Truth with simplicity, freshness, and force. Its poems and short articles make it easy and delightful reading for anyone.

Order one or more copies of each of these Unity books. Select each book prayerfully and visualize your friends as blessed and cheered by your thoughtfulness.

Price, $1 each, or six books for $5.

UNITY SCHOOL OF CHRISTIANITY
917 TRACY, KANSAS CITY 6, MO.

A New Unity Greeting Booklet
THE CHRISTMAS SPIRIT

The Christmas Spirit is a collection of Christmas poems, articles, and meditations that can be depended upon to convey to your friends the beauty and Truth of Christmas as well as your heart-warming message of love and friendship. "An Age-Old Christmas Greeting," "It Is Christmas in Your Heart," and Frank B. Whitney's beloved "What Think Ye of the Christ?" are among the selections to be found in this lovely all-Christmas booklet.

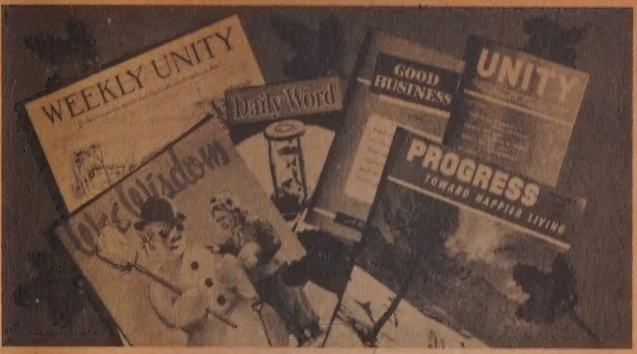
OTHER GREETING BOOKLETS

Challenge of the Dawn, First Things First, The Great Helper, Gifts for the Christ, God Is Blessing You Now, Holy Bread, Life Is Consciousness, The Mental Equivalent, The Protecting Presence, The Song of Life, White as Cotton.

Unity greeting booklets are 3¾ by 5⅞ inches in size, artistic, colorful, and printed on fine paper. With them come attractive Christmas mailing envelopes requiring only one cent postage. (Booklets are sent to you for remailing; we do not address them individually to your friends.)

Price of the booklets, 10 cents each; 12 assorted (your selection or ours) for $1

UNITY SCHOOL OF CHRISTIANITY, 917 TRACY, KANSAS CITY 6, MO.



CHRISTMAS GIFT SUGGESTION!

Let Unity Magazines Convey Your Love and Thoughtfulness

WEEKLY UNITY—A helpful teacher for your friend to whom the Truth way is new. Going to his home every week, it is a constant invitation and reminder to him to apply the Truth he learns.

GOOD BUSINESS—The men on your list will welcome their very own Truth magazine filled with accounts of how the use of Christian principles brought business and professional success. For businesswomen too!

PROGRESS—For the young in spirit. Contains stories, articles, poems, and true-experience accounts of victories in Truth. Brightly illustrated.

DAILY WORD—For all who would be interested in a daily Truth lesson, an affirmation, and a Bible reference. Each lesson is a spiritual message from the heart of some member of Silent Unity. Contains articles, poems.

UNITY—For friends growing in understanding and seeking greater spiritual unfoldment. Timely, stimulating articles by Charles Fillmore and others. A section devoted to metaphysical Bible interpretation. Also a Silent Unity department.

WEE WISDOM—Boys and girls from 5 to 13 will be thrilled with a magazine in their own language. Filled with things that children enjoy—stories, games, puzzles, and things to do, all with a character-building slant. Bible stories too!

Gift subscriptions begin with the Christmas issue, which will reach your friends just before Christmas, along with a lovely folder announcing that the gift is from you. A year's subscription for any Unity periodical is $1.

Unity School of Christianity, 917 Tracy, Kansas City 6, Mo.

Let There Be Joy

Mabel Hatton Marks

Let there be joy this Christmas night
In northern climes, where deep snows fall
To make, with blanketing of white,
The scene traditional.

Let there be joy in tropic lands
Of palm and fig and olive trees;
In woods and fields, on desert sands,
And on the tossing seas.

Let there be heard both far and wide
The story told with simple art
Of heavenly choir and star to guide
The truly wise in heart.

Let all find in their hearts the One,
Whose light of peace and of good will
Shines out tonight just as it shone
Above the Syrian hill.